

# Mountaineer

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June 16, 2006

## Bayonet Strike continues

by **Spc. Courtney Pace**  
2nd Brigade Combat Team

Soldiers of 1st Battalion, 9th Infantry Regiment, are undergoing intense training during Bayonet Strike, 2nd Brigade Combat Team's training exercise that is currently under way, which will leave them prepared for possible future deployments.

At Fort Carson, the unit practiced raiding a village and completed that training with live-fire exercises during the day and night.

Sgt. 1st Class James R. Spikes, platoon leader for 2nd Platoon, Company C, said the training has gone smoothly and the Soldiers are benefiting greatly from the live-fire exercises.

"To actually get out here and do a day and night company live-fire is something not everyone has the opportunity to do," he said.

The training is not just a company live-fire, but also a company maneuver live-fire. Spikes said the training is great for the Soldiers as it allows them to simulate what they will actually face if deployed.

One important aspect to the training, Spikes said, is that it allows the Soldier to gain confidence in those who are providing leadership.

Knowing that support is there is key, Spikes said, because the Soldier won't fear doing what his leaders tell him because he'll know his sergeant isn't going to get him killed.

The training is geared toward what the 2nd Brigade Combat Team saw

while in Ar Ramadi, Iraq, a year ago, Spikes said.

The understanding Soldiers gain of the tactical mission they may face benefits them as a whole and also helps to build confidence, Spikes said.

Staff Sgt. Donald A. Williams, weapons squad leader for Company C, said Soldiers and leadership alike are enjoying the training.

Williams said part of the excitement comes from the ranges being non-linear, which means they have more of a 360-degree feel to them as the situations are real life. They have already done all the linear ranges, Williams said, and this allows them to put that training together.

"It gives the leadership, all the way down to the team leader, more opportunity to do his job," Williams said.

For new Soldiers who haven't seen combat yet, the training is probably the best they'll receive before they are ever deployed, Williams said. The training really drives home what their mission will be in Iraq.

It's (training) definitely going to pay off for us," he said. "The older guys know it and the younger guys understand it."

**Editor's note:** Bayonet Strike concludes today after two weeks of training the 2nd BCT's Soldiers on a full range of combat operations. The exercise has been held at Piñon Canyon, an area about 150 miles southeast of Fort Carson. The 2nd BCT, which came to the Mountain Post in August, is preparing for upcoming deployments.



Photo by Sgt. Clint Stein

## Happy birthday Army

Command Sgt. Maj. Geraldine Rimpley, 43rd Area Support Group command sergeant major, left, and Pvt. Byron Putman, 62nd Engineers, cut a ceremonial birthday cake at the Wolf Dining Facility Wednesday to celebrate the Army's 231st Birthday. The Wolf DFAC also provided a special birthday lunch for its patrons. Fort Carson will officially celebrate the Army's birthday Saturday during the Army Ball at the Sheraton Hotel in Colorado Springs.

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## MUST SEE



Fiesta! VBS in full swing.  
See Pages 30-31.

## Bush's visit catches troops by surprise

by **Sgt. Jeff Lowry**  
Army News Service

**BAGHDAD, Iraq** — President George W. Bush's surprise visit to Baghdad Tuesday caught the troops unaware, but most were thrilled their commander in chief made the perilous trip.

Bush visited Baghdad to congratulate Iraqi Prime Minister Nouri al-Maliki on Iraq's new government and to thank the troops for their hard work and dedication.

"Baghdad and Iraq is a front in the War on Terror. It is a part of our mission to help make sure that the world is a better place. I truly believe the work that you're doing here is laying the foundation of peace for generations to come, and I thank you from the bottom of my heart," Bush said in his address to the troops in a former Saddam Hussein palace.

Bush's publicized schedule had called for a videoteleconference with

Iraq's prime minister from Camp David, Md.

"I was so excited (by the president's visit)," said Spc. Laura Asher of Indiana National Guard's 798th Area Support Medical Company.

While many troops were surprised, they also said they admired the president for coming to visit them and Maliki.

"This place is pretty 'hot' (a combat zone)," said Capt. Christopher Swatty, a Civilian Police Assistance Training Team technical liaison. "It's encouraging to see him come over and say hello."

Many other troops agreed.

"Due to the dramatic shift in events — the final three seats of the new Iraqi government being filled and the death of (terrorist leader Abu Musab) al-Zarqawi — Bush's visit shows Iraq and its government that Bush is standing behind his words," said Spc. Tashina Venters, a Coalition Press Information Center coordinator.

# Celebrate 231 years of the American Soldier

**Commentary by Maj. Gen.  
Robert W. Mixon Jr.**

*Commander, 7th Infantry Division  
and Fort Carson*

Today marks the 231st birthday of the United States Army. For 231 years, American Soldiers have answered the nation's call to end tyranny, free the oppressed and light the path to democracy for struggling nations.

Our people's dependence on the Army is older than the nation itself. From the first band of American patriots who died at Lexington, to the muddy trenches of World War I, to the rocky crags of the Italian Alps and the sandy beaches of Normandy, from the bitter winters in the mountains of Korea and the sodden jungles of Vietnam, to the mountains of Eastern Afghanistan and the city streets of Iraq, the American Soldier has and will continue to be the centerpiece of our America's Army.

Currently, we have more than 4,000 Soldiers from the 3rd Brigade Combat Team, the 10th Special Forces Group and the 10th Combat Support Hospital fighting to secure a future for the people of Iraq.

These brave men and women, our sons and daughters, our fathers and mothers, our brothers, sisters, aunts, uncles and neighbors are fighting to clear a path for democracy to take hold so Iraqi men, women and children can live in freedom and peace. But the mission is far from complete; we have much to do to build nations and armies in those two countries — and likely elsewhere.

Our nation is engaged in a long conflict. We are fighting an enemy that cannot be appeased. And for this reason, the Mountain Post will continue to honor its charter to this great nation and the American people. "Trained" and "ready" are our watchwords.

Though we do not know what tomorrow holds, we will continue to provide the inspired leadership which celebrates our Soldiers and nurtures their families, trains for decisive victories and demonstrates responsible stewardship for the national treasure entrusted to us — our men and women in uniform.

For more than 200 years, the Army has been at the forefront of defending the freedom that makes our country what it is today, the envy of all nations.

The Army story is America's story. Just as the many men and women who served in past wars, today the American Soldier is helping to write a new chapter in our nation's glorious history.

Saturday, the Mountain Post will celebrate the Army's 231st birthday at the Sheraton Hotel here in Colorado Springs.

The keynote speaker for the



**Mixon**

event is Adm. Timothy Keating, commander, North American Aerospace Defense Command and U.S. Northern Command.

Ruth and I hope to see many of you join us in this celebration, I guarantee it will be an enjoyable evening.

# Being a dad is more than being a father

**Commentary by Sgt. Clint Stein**  
*Mountaineer staff*

Growing up on a farm in a small west Texas town, it may come as no surprise that football was pretty much my life back then — there was really nothing else for a young man to do.

And, since I played linebacker from the time I was knee high to a grasshopper, my idol growing up was NFL Hall of Famer, Lawrence Taylor.

Taylor had that "it" factor that made me want to be just like him. The New York Giants picked the All-American North Carolina linebacker No. 2 overall in the 1981 draft. Taylor was named defensive player of the year his rookie and sophomore seasons as a pro, and again in 1986.

By the time he retired, Taylor was second on the all-time sack list, had 1,088 tackles, 33 forced fumbles, 10 fumble recoveries and nine interceptions. Not to mention he won two Super Bowls and was selected to the Pro Bowl 10 times during his 13-year career.

As an aspiring pro bowler myself, I would try to mimic Taylor's demeanor and style of play down to the very last detail. Why wouldn't I? I looked up to him for so many things and thought he could do no wrong. To me, there was no one else I wanted to be like, but there should've been — my dad.

In the spirit of Father's Day, I thought I would remind those "world's greatest" dads out there why we are celebrated, and encourage the not so great ones to be better.

Yes, I consider myself a great dad because I'm

aware of the impressionable world my children live in and I recognize that I am a huge part of that world. I see how quickly my children learn from others and step in as a teacher of example, which brings me back to my idol, Taylor.

I soon stopped my pursuit of idolization after I horrifically discovered my hero was a drug user. I wouldn't drink sodas during football season because I thought they would pollute my body, heaven forbid I take any kind of drugs.

The giant of all Giants had let me down in a big way. Taylor was suspended from the NFL twice for substance abuse. He eventually lost his marriage and almost lost his life for what he had become — he also lost a huge fan.

When I think back on how much of a role model Taylor was to me, I feel lucky not to have followed his example. There are many teens out there who don't escape the role model trap and I believe much if it has to do with their parents.

Today, more and more young people are looking up to rappers, athletes and movie stars as role models instead of their own fathers. Teens are learning morals and values that are distorted from reality.

The reality is we have no control over the actions of another human being.

I want my children to look to me for moral guidance and values. I have control over my actions. And, I have control over what comes out of my mouth.

It would be naive for me to believe I could stop my children from ever listening to gangster rap or watching a "reality" television show, but as their

father, I can set an example of how to be a good person and I should. I can teach my sons how to be gentlemen and how to treat women. I can show my daughter how a husband is supposed to treat his wife. I can give my children a solid foundation to base their expectations of life and relationships on. I can show them attention and give them the love and support they need.

I see so many fathers out in the world who are role models to their children, but in a negative way. They yell at their spouse with their children in the room. They use illegal drugs in front of their children. I've seen some fathers who have started a fight under the impressionable eyes of their offspring.

I think it's natural for children, especially at a young age, to look up to their fathers. But if the father is not setting a good example, the children are the ones who suffer. Then, if the children grow up to be indecent people, the parents act bewildered about how their children got that way. The parents look everywhere for excuses except to themselves.

My high school football coach once told a group of teen boys, which included me, that any guy can be a father, but it took a man to be a dad. What I interpreted from that small lecture was that the moment we became fathers, we have a greater responsibility than ourselves.

As dads, we become models for future generations. As dads, it's up to us to teach our children the important things in life. As a dad, I will live up to the meaning that comes with this Father's Day and those ever after. I will wear the "World's Greatest Dad" hat with pride and hope others can to!

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# NEWS

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## New DVD tackles teen deployment stress

by Elaine Wilson

*Army News Service*

**FORT SAM HOUSTON, Texas** — A new DVD aimed at reducing deployment stress for military teenagers is scheduled to be released worldwide this month.

The 30-minute DVD, called “Teens Coping With Military Deployment — How’s Your Family Doing?,” addresses a variety of teen deployment-related concerns, including fear of injury or death, anxiety brought about by changes in the home and coping mechanisms for dealing with the absence of a parent.

A mix of personal life experience and concern for fellow Soldiers and their families inspired Maj. Keith Lemmon to create the DVD.

“I deployed to Afghanistan (in 2002), and while I had my concerns, I thought my family would cope with my absence fairly well,” said Lemmon, an adolescent medicine specialist in training at Brooke Army Medical Center in San Antonio.

A pediatrician with a wife experienced in the education field, Lemmon figured his family was well equipped to recognize signs of deployment-related depression and stress and, therefore, better able to handle the effects.

“But it soon became apparent that no one is immune,” he said. During his deployment absence, his wife struggled with situational depression and his 4-year-old son was irritable and acted out.

“I was concerned; if deployment affected us this significantly with all our strengths, what might others be facing?” Lemmon said.

Shortly after his return, Lemmon became interested in the effects of deployment on families. He discovered projects in the works for other age groups, including a DVD called “Mr. Po & Friends” for 6- to 12-year-olds and a preschool DVD by Sesame Street in the early stages of development.

“But there was nothing for adolescents,” Lemmon said. “We decided to concentrate our efforts on that age group since there was nothing out there to address their mental-health issues in relation to deployments.

“Our goal was to reduce the anxiety and fear surrounding a military deployment, and to let teens know they are not alone in the struggles their families are facing,” he said.

A DVD made sense, Lemmon said, as it would grab the attention of a TV- and computer-driven generation.

For funds, Lemmon enlisted the help of his

fellowship program director, Col. Elisabeth M. Stafford, military child health and wellness expert, and applied for a \$20,000 grant from the American Academy of Pediatrics — successfully.

The grant proposal included a plan to address the effects of deployment on adolescents — develop a DVD and Web site, create a training curriculum and offer civilian health care providers training so they could better screen for deployment stress.

Lemmon’s first step in implementing his comprehensive teen plan was to create the DVD. He decided to make the DVD “peer to peer, with teenagers relating their own deployment-related stories and offering advice.

“We know adolescents are more comfortable discussing these kinds of emotional issues with each other rather than adults,” Lemmon said.

Last summer, Lemmon visited Operation Purple, a summer camp for children of deployed service members, in New Hampshire to interview adolescents for the DVD. Lemmon said he was surprised that teens were so eager to discuss the various emotions surrounding their family deployment stories.

“I asked children about the effects of deployment

## Teens

From Page 3

— What are you most worried about? Did your families prepare you? Did the military offer helpful support? I ended up with about nine hours of video which we edited down to 30 minutes,” he said.

The final product features various teenagers touched by deployment talking about their experiences and lessons learned, some tearfully and others with regret.

“Since he’s been gone ... I cared a lot less because I didn’t have anyone to push me to do better,” said Tyler, one teen featured in the DVD. “I ended up starting out the school year being an A-plus student, and by the end of the school year I was getting C’s and D’s.”

Other teens expressed worry for their deployed parent, particularly in light of media attention surrounding the war.

“It’s horrible what you hear on the news; it’s like, oh, in Iraq there’s another bombing. You’re just like, please don’t let it be (where) my dad is,” Victoria said.

Teens on the DVD advise others to listen to the deployed parent rather than the media or to avoid the news altogether. They also encouraged others facing the same issues to speak to someone, whether a family member, friend or a trusted adult such as a teacher or their doctor.

“Don’t keep your emotions bottled up, let it all out and talk to people, people who had their (parent) deployed, and ask them for advice and what to do and what not to do,” said James.

The DVD is scheduled to be released near the end of June and will be available at the American Academy of Pediatrics Deployment Support Web site at [www.aap.org/sections/unifserv/deployment/index.htm](http://www.aap.org/sections/unifserv/deployment/index.htm).

## DoD to inform service members of data loss on pay statements

by Sgt. Sara Wood

*Army News Service*

**WASHINGTON** — The Defense Department will inform service members who could be affected by the May theft of personal data from the Department of Veterans Affairs through their monthly pay statements.

DoD is in the middle of an analysis to determine how many active-duty, Reserve and National Guard service members could be affected by the data loss, which occurred when a VA employee loaded personal data onto a laptop, which was then stolen from his home, according to Lt. Col. Jeremy Martin.

The VA initially reported that the data stolen included personal information on as many as 26.5 million veterans, and later updated the report

to include as many as 1.1 million active-duty service members, 430,000 National Guard members and 645,000 members of the Reserves as possible victims.

When the analysis is completed in upcoming weeks, the Defense Finance and Accounting Service will inform service members who are determined to be vulnerable by putting a note on the bottom of their monthly leave and earnings statements, Martin said.

The note will include phone numbers and Web sites that will provide more information on identity theft and what troops can do to protect themselves, he said.

The VA has set up a special Web site and a toll-free telephone number for those possibly affected by the data loss: [www.firstgov.gov](http://www.firstgov.gov) and (800) 333-4636.



# MILITARY

## Autopsies show blast injuries killed Zarqawi, Rahman

by Jim Garamone

Army News Service

### BAGHDAD, Iraq

— Abu Musab al-Zarqawi died of blast injuries sustained by the coalition bombing of his safe house June 7, coalition officials said Monday.

The officials also said that DNA testing proves that the body is that of the terrorist leader.

“We have clear evidence he died of blast injuries,” said Army Dr. (Col.) Steve Jones, the command surgeon in Iraq.

“There is no evidence to suggest that he was beaten, and I have no reason to suspect

that happened.”

Autopsies on Zarqawi and Sheik Abd al-Rahman, Zarqawi’s spiritual adviser, prove that both men died of massive blast injuries. Zarqawi survived for a time, but blast injuries to his lungs stopped oxygen from being absorbed into the blood.

“The cause of death was closed-space primary blast injury of the lung,” Jones said.

“Blast waves from the two bombs caused tearing, bruising of the lungs and bleeding.”

The injuries could not be seen without opening the body.

Senior DoD pathologists conducted the autopsies to put an end

to “speculation, misinformation and propaganda,” said coalition military spokesman Army Maj. Gen. Bill Caldwell.

Coalition officials said that the bodies of Zarqawi and Rahman were treated with the utmost respect.

“We treated them with the same high degree of dignity and respect that we treat our own casualties,” Jones said.

Caldwell said coalition and Iraqi forces conducted 11 raids, mostly in the Baghdad region, on targets from information gleaned from the ruins of the house Zarqawi was killed in.



Photo by Sgt. Zach Mott, 3rd Heavy Brigade Combat Team  
*Rubble and debris litter the site of the last safe house of Abu Musab al-Zarqawi in Hibhib, Iraq. The top insurgent target in Iraq, along with several of his associates, was killed during an air strike on the house June 7.*

# Military briefs

## Miscellaneous

**Colorado approves Bronze Star license plates** — On June 5, Gov. Bill Owens signed a bill authorizing Colorado license plates be issued beginning Jan. 1, 2007, to Colorado veterans who are recipients of the Bronze Star Medal. Two distinct Bronze Star plates will be issued, one for meritorious service and the other for veterans being awarded the Bronze Star for valor.

**DUI/DWAI statistics for May** — The Provost Marshal's Office has released the driving under the influence/driving while abilities impaired statistics for May. They include 39 total DUI and one DWAI. Soldiers from 2nd Infantry Division had 10 DUI; 3rd Armored Cavalry Regiment Soldiers had 16 DUI and one DWAI; 3rd Heavy Brigade Combat Team had one DUI; 43rd Area Support Group had four DUI; 10th Special Forces Group, one DUI; and civilians received seven DUIs.

**MP Corps anniversary** — The 759th Military Police Battalion is celebrating the 65th anniversary of the Military Police Corps July 15 at the Double Tree Hotel Ballroom in Colorado Springs. All active duty, Reserve component and retired MP Soldiers are invited to attend the ball. For more information or to R.S.V.P. call Capt. Christian Blevins at 526-8031 or e-mail [Christian.Blevins@carson.army.mil](mailto:Christian.Blevins@carson.army.mil) by July 7. Cocktail hour will begin at 6 p.m. followed by a receiving line at 6:30 p.m.

**Joint Personal Property Shipping Office** — The Joint Personal Property Shipping Office is scheduling group briefings to accommodate Soldiers set to depart the Mountain Post this summer. Individual briefings will not be held except in emergencies. All briefings will be group briefings. Soldiers must make an appointment to attend group briefings by calling 526-3755 or stopping by bldg 1220.

**Officer Candidate School board** — OCS local board packets must be turned in to the 502nd Personnel Services Battalion, bldg 1118, room 316, no later than July 10. The original application packet plus two copies should be turned in. Packets will be consolidated and those meeting eligibility requirements will be scheduled for the local OCS board to be held July 17-18 from 7 a.m.-5 p.m. at the Elkhorn Conference Center, bldg 7300. Packets for those candidates approved will be forwarded to the Department of the Army for approval during the week of Sept. 11. For more information call 526-5824.

**Learning Resource Center offerings** — The Learning Resource Center, located in the Education Center, bldg 1117, room 216, offers academic review including GT preparation, GED assistance, placement tests including SAT, ACT, GRE, GMAT and more. Patrons may also use computers to check e-mail, surf the Internet or navigate desktop application tutorials. Hours of operation include Monday-Thursday 9 a.m.-8 p.m. Friday 9 a.m.-5 p.m. and Saturday 10 a.m.-3 p.m. For more information call the Learning Resource Center at 526-4058/8077.

**DPW services** — Do you know who to call when a windstorm causes damage to your facility, overturns a portable latrine or when trash containers are overflowing?

The Directorate of Public Works is responsible for a wide variety of services on Fort Carson. Services range from repair and maintenance of facilities to equipping units with a sweeper, and cleaning motor pools. Listed below are phone numbers and points of contact for services:

- Facility repair/service orders — LB&B service order desk at 526-5345. Use this number for emergencies or routine tasks.

- Refuse/trash — Call Virgil Redding at 526-6676 when needing trash containers, trash is overflowing or emergency service is required.

- Facility custodial services — Call Larry Haack at 526-6669 for service needs or to report complaints.

- Elevator maintenance — Call Larry Haack at 526-6669.

- Motor pool sludge removal/disposal — Call Don Phillips at 526-9271.

- Repair and utility/self-help — Call Gary Grant at 526-5844. Use this number to obtain self-help tools and equipment or a motorized sweeper.

- Base operations contract COR — Call Terry Hagen at 526-9262 for reporting wind damage, snow removal concerns, damaged traffic signs or other facility damage.

- Portable latrines — Call Fred Buckner at 526-6676 to request latrines, for service or to report damaged or overturned latrines.

## CIF Hours

### Regular business hours

Due to the number of Soldiers who need to clear the Central Issue Facility during June and July, CIF is adjusting their operating hours temporarily. CIF will revert to normal operating hours Aug. 1. Soldiers may make turn-in appointments by calling 526-3321. Listed below are the new operating hours.

### Initial issues

Monday, Wednesday and Friday 7:30-11:30 a.m.

### Partial issues

Monday and Wednesday 1:30-3 p.m. and Friday 7:30-11:30 a.m.

### Cash sales/report of survey

Monday through Thursday from 7:30-11:30 a.m. and 12:30-3 p.m. and Friday from 7:30-11:30 a.m.

### Direct exchange

Monday and Wednesday 1:30-3 p.m. and Friday 7:30-11:30 a.m.

### Partial turn-ins

Monday through Thursday from 12:30-3 p.m.

### Full turn-ins

Monday, Wednesday and Friday 7:30-11:30 a.m. and Tuesday and Thursday from 7:30 a.m.-3 p.m.

### Unit issues and turn ins

Call 526-5512/6477 for approval.

## Hours of operation

**Education Center hours of operation** — The Mountain Post Training and Education Center's hours are as follows:

- **Counselor Support Center** — Monday through Thursday, 7:30 a.m.-4:30 p.m. and Friday, 11 a.m.-4:30 p.m.

- **Army Learning Center and Basic Skills Classes** — Monday through Thursday, 9 a.m.-noon, closed training holidays.

- **Defense Activity for Nontraditional Education Support and Advanced Personnel Testing** — Monday through Friday, 7:30-11:30 a.m. and 12:15-4:15 p.m., closed training holidays.

- **Basic Skills Education Program/Functional Academic Skills Training** — Monday through Thursday, 1-4 p.m., closed training holidays.

- **eArmy U Testing** — Monday-Friday, 12:15-4:15 p.m., closed training holidays.

- **Military Occupational Specialty Library** — Monday through Friday, 10 a.m.-2 p.m., closed training holidays.

- **Claims Division hours** — The Claims Division office hours are Monday through Thursday from 9 a.m.-5 p.m., closed Friday and federal and training holidays. To make a personnel claim, Soldiers must attend a mandatory briefing which is given Mondays and Wednesdays at 10 a.m. and 2 p.m. At the briefing, Soldiers must

submit a Department of Defense Form 1840/1840R. Submit completed claims Tuesdays and Thursdays.

**DFAC hours** — Fort Carson dining facilities operate under the following hours:

*Wolf Inn* — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

*Indianhead Inn* — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

*Butts Army Airfield* — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). This DFAC is closed weekends.

*Patton Inn* — Monday-Friday 7:30-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

*Striker Inn* — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

*10th SFG* — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6 p.m. (dinner). This DFAC is closed weekends.

## Post shuttle

The post shuttle runs from 8 a.m.-8 p.m. Monday through Friday, excluding holidays. The last pickup is at 6:57 p.m.

Here's a list of stops and times (expressed as minutes past the hour):

1. 43rd ASG barracks, bldg 756, :00-:30
2. \* Welcome Center, bldg 1218, :02-:32
3. \* MEDDAC barracks, bldg 1013, :04-:34
4. \* SRP site, bldg 1042, :07-:37
5. Across from McKibben Gym, bldg 1049, :09-:39
6. Family Connection, bldg 1354, :11-:41
7. IG Office, bldg 1659, :13-:43
8. 3rd HBCT Hq, bldg 1852, :15-:45
9. Barracks, bldg 2060, :16-:46
10. \* 2nd BCT Hq, bldg 2350, :17-:47
11. Barracks, bldg 2450, :16-:46
12. Reserve Training Center, bldg 3450, :21-:51
13. \* Occupational Health, bldg 2059, :25-:55
14. \* Outdoor Rec, bldg 2429, :28-:58
15. 10th SFG, bldg 7416, :34-:04
16. Golf course, bldg 7800, :39-:09
17. \* Evans Hospital, bldg 7500, :43-:13
18. \* Colorado Inn/Elkhorn, bldg 7301, :46-:16
19. \* Main PX, bldg 6110, :49-:19
20. \* Mini-mall, bldg 1510, :51-:21
21. \* Army Community Service, bldg 1526, :53-:23
22. Xtremes, bldg 1532, :55-:25
23. Lot across from HQ, bldg 1430, :57-:27

\* These stops connect to a Metro City Bus link.

## Briefings

**Special Forces briefings** — will be held Wednesdays at bldg 1217, room 305, from 10-11 a.m., noon-1 p.m. and 5-6 p.m. Soldiers must be E4-E6 from any military occupational specialty; have a general technical score of at least 100; be a U.S. citizen; score 229 or higher on the Army Physical Fitness Test; and pass a Special Forces physical. Call 524-1461 or visit the Web site at [www.bragg.army.mil/sorb](http://www.bragg.army.mil/sorb).

**ACAP briefing** — The Army Career and Alumni Program prepreparation briefing is required for all departing service members. Current ACAP policy requires personnel ending time in service to register one year out and retirees two years out. ACAP prepreparation briefings are held Monday through Friday from 7:30-9 a.m. Attendees should report to ACAP by 7:15 a.m., bldg 1118, room 133. Call 526-1002 to schedule the briefing.

# Soldier awarded Purple Heart, becomes NCO

**Story and photo by Spc. Courtney Pace**  
*2nd Brigade Combat Team*

When Sgt. Michael F. McCabe was in Ar Ramadi, Iraq, he was a member of a stryker recon team of the 2nd Brigade Combat Team, 2nd Infantry Division.

His duties required him to pull 24-hour shifts on the roof of a house located at the south side of Forward Operating Base Junction LIM.

During a shift change, McCabe moved to allow a fellow Soldier to take over. McCabe was giving a brief to the newly arrived Soldiers on what had occurred throughout the night when he was struck with a bullet.

The bullet went through his arm and lodged in his vest. McCabe was evacuated for those wounds and some others and was given field dressings to stop the bleeding while his team drove him to medical personnel.

The doctors took off his vest and found that the bullet was lodged in the left breast pocket of the soft portion of the vest, McCabe said. It had missed the protective plates inside the vest.

"I feel lucky," he said about his injuries. "Lucky that it didn't do any (permanent) damage whatsoever."

McCabe said he received two surgeries, one for cleaning the wound and another to stitch his wound. He stayed in the care of doctors for nine days until the stitches were removed.

After his medical care, he was sent back to

the line and resumed his usual duties.

"I went right back to the same observation post that I got shot at and finished the rest of my time in Iraq," he said.

During an award ceremony April 28, Col. Jeffrey Bannister, 2nd Brigade Combat Team Commander, said the Purple Heart is an award that is hard to receive as it is very specific as to how a service member receives it.

McCabe was a specialist at that time and was promoted to corporal. He is now a sergeant and plans on sharing his experiences with the Soldiers put in his care.

As a noncommissioned officer and serving as a COLT team chief, McCabe has a new role in 2nd Brigade Combat Team's Bayonet Strike: training.

As a leader of Soldiers, McCabe wants to make sure his Soldiers are taken care of.

"I'm taking it day by day," he said. "Just passing down my experience from before to the new Soldiers I have today."

Part of the current training exercise, Bayonet Strike, McCabe is attached to 1st Battalion, 9th Infantry Regiment, and serves as a brigade asset who calls in artillery, mortars and close air support when needed.

A possible deployment back to Iraq doesn't bother McCabe. He said he is focused on the mission at hand and has a personal interest to make sure that his Soldiers are as prepared as they can be.



*Spc. Michael F. McCabe, left, is awarded the Purple Heart by Col. Jeffrey Bannister, 2nd Brigade Combat Team commander, for combat related injuries he sustained while in Iraq. McCabe was also promoted by Bannister from specialist to corporal during the same ceremony. McCabe said he hopes as an NCO he can teach other Soldiers from his experiences.*

# Silver Lions remember Santos in Iraq

Story and photo by  
Pfc. Paul J. Harris

3rd Heavy Brigade Combat Team

**BAQUBAH, Iraq** — A memorial for a Soldier from Headquarters and Headquarters Company attached to Company A, 1-68 Combined Arms Battalion, 3rd Heavy Brigade Combat Team, took place Sunday in Forward Operating Base Warhorse near Baqubah, Iraq.

Cpl. Luis “Toast” Santos, gunner, was killed when an improvised explosive device detonated near his vehicle June 8.

“In a time and place where our nation has committed its very best to fight the war on terror, Cpl. Luis Santos represented the finest of what our country stands for,” said Lt. Col. Thomas Fisher, commander, 1-68 CAB.

“His spirit, heart and his soul were of the highest moral fabric, cut from a unique bolt where valor, honor and commitment are seldom equaled.”

Santos enlisted in the Army in the summer of 2004. After completing basic and scout training his first duty assignment was to HHC, 1-68 CAB, at Fort Carson.

Santos was selected to be a gunner and it was the job he held while deployed to Operation Iraqi Freedom 05-07.

Before being deployed, Santos asked his girlfriend Vanessa Mota to marry him, a

topic that was discussed in a tribute by his friend Sgt. Jordan Savor, HHC attached to Co A, 1-68 CAB.

“I remember when you were first thinking of asking your girlfriend to marry you,” said Savor. “When you did ask her, you sent me a text message all the way from California to tell me she said ‘yes.’

“You wanted so bad to make her happy. Everyone knew you loved her very much. You impacted my life and the lives of everyone around you in a way that we will never forget ... You were a true Soldier and you lived by all of the Army values.”

Values that Santos not only lived but believed in, according to his friend Spc. Anthony Chicoine, HHC, 1-68 CAB, who spoke in the second part of Santos’ tribute.

“When asked why he joined the Army, he didn’t say for the college money, or ‘I needed a job or I wanted to see the world,’” said Chicoine. “He said, ‘because it’s something I believe in’ and that is what makes a hero.”

Some of Santos’ awards include the Bronze Star, Purple Heart and Army Commendation Medal. He is survived by his parents, Carlos and Irma Santos, his brothers Carlos and Eric, sister Amy and fiancée Vanessa Mota.

**Editor’s note:** A memorial for Santos will be held in upcoming weeks at Fort Carson.



Tokens of remembrance are left for Cpl. Luis “Toast” Santos, gunner, Headquarters and Headquarters Company attached to Company A, 1-68 Combined Arms Battalion, 3rd Heavy Brigade Combat Team, by his fellow Soldiers during a memorial ceremony at Forward Operating Base Warhorse near Baqubah, Iraq, Sunday.



# Environmental Health offers training, helpful tips for Soldiers, groups

## *Environmental Health*

In the Environmental Health section of Preventive Medicine, the staff offers units a great deal of training options. Call Environmental Health to set up a time for staff members to teach Soldiers a variety of useful topics. Call 526-7922 or 524-2238.

### **Heat category monitoring**

Each company or unit's field sanitation team is responsible for monitoring the wet-bulb globe thermometer. Readings should be taken in the location where personnel are exposed. Environmental Health can train units on how to use their equipment.

To order the WBGT, the national stock number is 6665-00-159-2218.

### **Food service sanitation training**

Environmental Health will offer food service sanitation training for any employees of post dining facilities, the Army and Air Force Exchange Service or Child and Youth Services — military and civilians are invited.

The four-hour refresher course is offered monthly, the last Tuesday of each month, and the eight-hour initial training is offered quarterly. The next refresher course will be June 27 at 8 a.m. All classes will be held in the conference room in bldg 2059, located at the corner of Yano Street and Magrath Avenue.

Contact Jim Trainer at 526-5274 or e-mail [james.trainer@amedd.army.mil](mailto:james.trainer@amedd.army.mil) to reserve a seat.

### **Other classes available**

Environmental Health staff can also teach units topics that include heat and cold injury prevention, sexually transmitted diseases, hearing conservation, medical threat briefings for units that are approaching deployment, field sanitation team and personal hygiene.

Call 526-7922 or 524-2238 to schedule any of these classes or to get more information.

### **Food service special events**

Family readiness groups and units that conduct fundraisers by selling food items are required to fill out an application and checklist for each event. It is a simple process being done to protect the public and ensure that items sold are made of safe food products.

Every year millions of cases of foodborne illness occur in this country while the Center for Disease Control estimates that about 5,000 deaths are attributed to food that is not stored or served properly.

Items sold should be limited to packaged popcorn, candy, soft drinks and baked goods. Hot dogs and pre-cooked sausages that are prepared on site and held at proper temperatures may also be served.

Contact Jim Trainer at 526-5274 for details and a copy of the paperwork needed.

Applications and checklists are also available through unit family readiness groups.

### **Hantavirus**

Earlier this spring, an airman from a southwestern U.S. military installation died from hantavirus. This serves as a sad reminder that this disease

should not be taken lightly and still threatens humans who are in contact with rodent-infested areas. Hantaviruses cause acute respiratory failure and are contracted when rodent urine, feces, saliva or nesting materials are aerosolized and inhaled. Typically the most ideal environment for these conditions that Soldiers and their families face is in old buildings or structures, milvans or cabs of military vehicles.

Since it was first found in the United States in 1993, 416 people have contracted Hantavirus and 150 have died.

The symptoms of onset are high fever, headache, vomiting, high blood pressure and body aches.

In the United States, the common deer mouse transmits 95 percent of the cases. This small field rodent often lives in close proximity to humans.

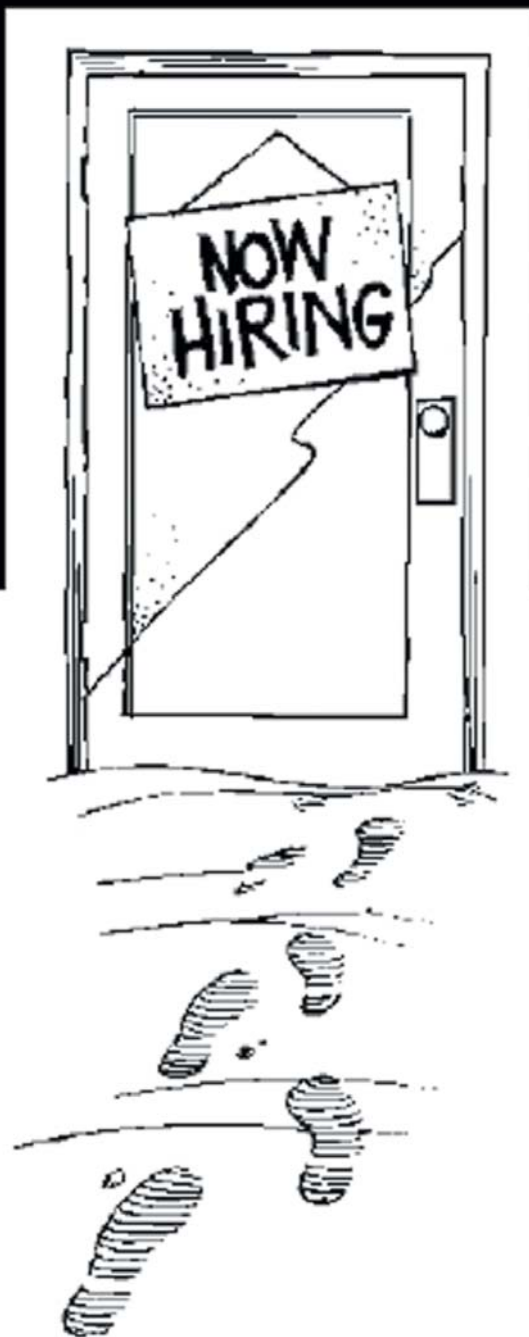
If a rodent-infested area is disturbed, coveralls, gloves and respiratory protection should be worn and the area should be disinfected with diluted bleach or a similar agent.

Leave the disinfectant in place for 30 minutes before cleaning up with wet mops, shovels or paper towels. Place the contaminants in a plastic bag and take to a dumpster immediately.

Dry sweeping and vacuuming are the worst solutions to clean up since this quickly aerosolizes the contaminants.

The best solution is to keep rodents out of enclosed areas in the first place and clean frequently.

# COMMUNITY



## ACAP aids Soldiers during tumultuous time

it is best if they make an appointment and register with the ACAP as soon as possible, said Dr. Denis Leveille, director for ACAP. If a Soldier is getting out of the Army on a chapter, Leveille said they need to make an appointment and register immediately.

The first thing a Soldier does after registering in ACAP is attend a pre-separation briefing with one of the counselors to fill out a pre-separation counseling checklist, Department of Defense form 2648, said Joy Hines, ACAP counselor. "ACAP is a congressionally mandated program that all Department of Defense personnel must attend if separating from government service," she said. "If a Soldier tries to out process without a 2648 form, they will be sent back to (ACAP)."

The checklist is not only a mandatory form, but is used to record a Soldier's pre-separation services and benefits request. The form will also help identify pre-separation counseling areas of interest as a basis for development of an Individual Transition Plan. After establishing an ITP for the Soldier, the counselor can then provide a more personalized service to fit that Soldiers' particular needs, said Hines.

Once Soldiers have gone through the initial counseling, there is a three-day transitional assistance program workshop they must attend to obtain information presented jointly by the Department of Labor, ACAP and the Department of Veterans Affairs. During the workshop, Soldiers are briefed on topics of job searching, job applications, networking, interviews, veteran benefits, translating

military skills to civilian skills as well as re-enlistment in the Army.

"The TAP workshop has been the most helpful part of ACAP so far for me," said Sgt. Jeremy Fischer, a welder whose separation date is in September. "The workshop taught me a lot about how to prepare for interviews and do some job searches."

Although ACAP is designed to help Soldiers find a career in the civilian job market, it also looks at the Soldier's options of staying in the Army, said Leveille. "Of all the Soldiers who go through ACAP, about 12-15 percent end up re-enlisting," he said.

Leveille gives the introduction briefing on day one of the TAP workshop and said the first thing he talks about is the benefits and stability the Army provides to a Soldier and his family. During his initial briefing, Leveille said he encourages Soldiers to stay in the Army.

Sometimes it's in the best interest of the Soldier to stay in the military, said Leveille. "There's no other career where a company can provide the type of retirement plan that the Army can. It's the best," he said.

After the workshop, clients are ready to begin their job search. Many client Soldiers are under the impression they don't have the right kind of skills for the type of employment they are looking for, said Hines. She said Soldiers often think because they were infantrymen or a tankster that their military experience doesn't translate to the civilian job market. But, with the help and ingenuity of the

by Sgt. Clint Stein  
Mountaineer staff

Job searching while separating or retiring from the Army can be a stressful and exhausting experience if the Soldier is not prepared for the transition.

The Army Career and Alumni Program has dedicated, professional counselors and resources to help a

Soldier through what can sometimes be an awkward transition from military life to the civilian one.

Soldiers who are separating from the Army with less than 20 years of service can start their preparation through ACAP a year prior to their exit date and those who are retiring can start two years prior. When Soldiers have made the decision to separate from the Army,

## ACAP

From Page 11

counselors, Soldiers are shown how to word their military work experience onto a resume that can be related to a civilian job.

Nancy Yeager, ACAP manager and counselor said Soldiers may have more training for the civilian world than they are giving themselves credit for. "Employers know the military has trained Soldiers in 'soft skill' areas that, unfortunately, are something lacking in today's workforce."

Yeager said soft skills are things like work ethic, leadership, team work, motivation or being on time. Employers seek out military personnel because they know that Soldiers are highly dependable, she said. "An employer can train someone for a job a task, but can't teach them to be on time," Yeager explained.

Once the Soldier's job skills and experience are translated, counselors help them develop a resume that best suits the job they are applying for. Hines said that counselors won't prepare the resume for the Soldier, but are

always available to assist the client with the resume. In fact, Hines said she has a basic resume outline that Soldiers can use to fill in the blanks. "A lot of guys have a really hard time putting a resume together and the outline resume gives them a head start," she said.

Counselors also give clients a head start by helping search through Internet databases which contain job postings. The ACAP center has access to several public job sites on the Internet that offer more than a million different jobs. In case the client isn't sure of what type of job he or she is looking for, Craig Hackett, ACAP counselor, is comprising a list of Web sites that offer free job interest surveys. Hackett said Soldiers enter information about themselves and answer some interest-type questions, and the program will provide a list of jobs that may suit the client's profile.

Over the course of looking for jobs and building resumes, the ACAP center also has many programs that prepare a client for interviews with potential employers. The counselors teach different interviewing techniques

for one-on-one interviews, group interviews and meal interviews. There is also an interactive computer program that records the client's responses to a mock interview using a video camera and microphone. After the clients have completed the mock interview, the video is played back in order for them to see what their strengths and weaknesses are during an interview.

Hines, who also organizes ACAP job fairs and hiring events, said clients need to be prepared for an interview because she has witnessed several Soldiers being offered jobs on the spot at some of the job fairs. "At the job fair before last, there were 253 job offers made to Soldiers," she said.

Events like job fairs and hiring events open to the public usually cost a lot of money to put on, said Hines, but with the help from other resources, ACAP can put on much cheaper ones attracting many employers. "We've had job fairs that brought in as many as 50 different companies," said Hines.

Although this kind of counseling, training and service could cost thousands of dollars from

commercial agencies, it's free to Soldiers through the ACAP center. If the client has not found a job once separated from the Army, they still have free resources available from ACAP six months after fulfilling their military obligation. Hines said wherever the Soldier relocates to, he or she can go to the nearest military installation and use its services just the same as here.

But, if Soldiers register for ACAP as soon as they become eligible, and use the resources and services provided by ACAP, Yeager said she is "100 percent sure" they will have a job before they leave the Army behind.

"We're extremely passionate about what we do (at ACAP). The counselors will do all they can to help a Soldier find more than a job, but a new life."

The ACAP center is located in bldg 1118 across the street from the Fort Carson Welcome Center. The ACAP center is open Mondays-Fridays, and training holidays from 7 a.m.-4 p.m. For more information about ACAP or scheduling a preseparation briefing call 526-1002.

# Community briefs

## Miscellaneous

**Brown Road closure** — Brown Road will be closed until Aug. 1. Brown Road currently only supports vehicles under 10,000 pounds. It is being upgraded to support increased vehicle loads to service Butts Army Airfield and facilities along Wilderness Road. Motorists may experience delays and disruptions along the following routes as work begins on heavy bridge facilities: Titus Boulevard between Sheridan and Barkeley avenues; Specker Avenue between Khe Sahn Street and Magrath Avenue; and Butts Road between Specker Avenue and Bad Toelz Road. For more information on road closures contact Rick Orphan at 526-9267 or Maj. John Hudson at 526-4974.

**Talk tough** — A group of Memorial Hospital's trauma and emergency department nurses offer a program which addresses the consequences that follow unsafe driving practices in young adults. The program includes stories of people affected by drunk and drugged driving, car surfing, street racing and lack of seat belt use. The Colorado Springs Police Department will also be on hand to address the subject. The presentation will be offered Wednesday and June 23 at McMahon Theater and is open to the public. Times are 9 a.m. and 1 p.m. both days. Units wishing to attend should contact Ernestine Richardson at 526-0401 or e-mail [Ernestine.Richardson@us.army.mil](mailto:Ernestine.Richardson@us.army.mil) to make reservations. Training can be applied toward annual training requirements for military and civilian employees.

**Fountain-Fort Carson School District** — Fountain-Fort Carson School District Eight has openings for food service workers, kitchen managers, food delivery drivers and a catering assistant. Call 382-1334 or apply in person at 11355 Old Pueblo Road in Fountain.

**Teller County Fire Chief's Open Golf Tourney** — Teller County Fire Department hosts a golf tournament Aug. 3 at Cheyenne Shadows Golf Course at Fort Carson. Deadline for registration is July 25. All proceeds go to the Teller County Fire Chief's Association for training and to help build a new hospital in Woodland Park. Cost for single players is \$120, for a foursome is \$480. There will be raffles and prizes including a motorcycle from Biker's Dreams in Colorado Springs, golf clubs and more. For registration call Dianna Taylor at (303) 907-0049 or (719) 484-0679.

**Fourth Annual Hike for Habitat** — Pikes Peak Habitat for Humanity will host its fourth annual Hike for Habitat, a fundraiser that supports the organization's efforts to bring affordable housing to El Paso County residents. The event is Saturday beginning at 9:30 a.m. and will be followed by live music, lunch and prizes. The four-mile hike winds through the trails in Monument Valley Park, just north of downtown Colorado Springs. Hikers can participate by purchasing a \$25 ticket and can also put together hike teams made up of friends, family members and co-workers. The event culminates at Monument Valley Park's pavilion. For details call Paul Johnson at 475-7800.

**Pikes Peak International Hill Climb** — The Pikes Peak International Hill Climb is set for July 1. The race is the second oldest race in the United States. Since 1916, daring drivers and motorcycle riders have challenged this famous road. The course begins near mile seven on Pikes Peak Highway and ends 12.4 miles later at the 14,100 foot summit of Pikes Peak. Between are 156 corners, many of them hairpins, cliffs of 2,000 feet and no guardrails. This year, the PPIHC hosts a "Support the Troops" program, offering 50 percent off ticket prices for active-duty military and their families. For more information visit the Web site at [www.ppihc.com](http://www.ppihc.com).

**Colorado Springs Flames Football Club** — Colorado Springs Flames Football Club will hold a military appreciation night June 24 at 7 p.m. The Flames, Colorado Springs' semipro team, will play at Fountain-Fort Carson High School, 900 Jimmy Camp Road, Fountain. Bring your military identification to get in for free. Tickets will be available for purchase beginning at 6 p.m. for all other attendees. Prices are \$4 for adults, \$3 for children 10-17, and free for those under 10. For more information call 390-7615 or visit the Web site at [www.spgsflames.com](http://www.spgsflames.com).

**Fountain-Fort Carson proposed school budget** — Notice is hereby given that a proposed budget has been submitted to the Board of Education of El Paso County School District Eight for the 12-month period beginning July 1, and has been filed in the office of Kathy Reinhold where it is available for public inspection. Such proposed budget will be considered for adoption at a regular meeting of the Board of Education of said district at the School Administration Building on June 21 at 6 p.m. Any person paying school taxes in District Eight may at any time prior to the final adoption of the budget file or register his/her objections. Normal business hours are 7:30 a.m.-4 p.m., Monday-Friday, excluding legal holidays.

**Colorado Springs Street Breakfast** — The Colorado Springs Street Breakfast, hosted by Pikes Peak Sertoma Clubs and The Pikes Peak Range Riders, will be held June 21 from 5:30-9 a.m. in downtown Colorado Springs. Breakfast is \$5 and includes eggs, pancakes, coffee, milk and juice. Breakfast will be prepared by Fort Carson Soldiers. A military discount of \$1 off the price of breakfast is being offered. The event will be in the blocked-off area of Pikes Peak Avenue near Tejon Street. Several exhibits and events including live music from Chute 9 will take place during the breakfast.

**Operation Gratitude** — Operation Gratitude, a free outdoor event for military families, will be held June 24 from 10 a.m.-2 p.m. at Friendship Assembly of God Church, located one block east of Powers and North Carefree. There will be games, food, prizes, music and other live entertainment, door prizes and words of gratitude from local dignitaries. Show your military identification at the entrance. For more information call 574-3155.

**Veterans' Home Run** — Pikes Peak Road Runners will host its first Computer Sciences Corporation Veterans' Home Run July 2 at 7 a.m. in Memorial Park (Prospect Lake). The race is being held to bring awareness and support to the Colorado Veterans Coalition's Crawford House. This five-kilometer run/three-kilometer walk is open to all. Registration forms can be found at local running stores. The Colorado Veterans' Coalition is a Colorado Springs-based, nonprofit organization that operates the Crawford House to serve southern Colorado veterans who are struggling with serious life issues by providing them with a supportive living environment.

**AFGE, Fort Carson work in partnership** — The Department of Defense issued a policy that mandated the use of hands-free devices on cell phones while driving on federal installations. However, in an effort to enact this safety policy, prior to implementation, the agency (Fort Carson) and the union must complete federally mandated negotiations on the impact to bargaining unit employees on Fort Carson. This process is ongoing. The union and management are concerned for the safety of all employees and strongly encourage the use of hands-free devices. If you do not have a hands-free device, pull your vehicle to the side of the road to complete your phone call. The life you save may be your own.

**Teen Scene at EACH** — Teenage mothers and moms to be are invited to a program at Evans Army

**Army Community Service**  
Family Readiness Center, Bldg 1526  
TEL: (719) 526-4590

Fort Carson

**CAREER FAIR**  
This Career Fair is sponsored by the Army Community Service (ACS) Employment Readiness Program in partnership with local companies from Colorado Springs and the surrounding areas.

**Friday, July 7**  
**11:00A.M. to 2:30P.M.**  
Special Events Center, Bldg. 1829



- C** Dress for Success  
Companies will size you up based on your appearance and presentation, dress smart.
- a** Bring a portfolio  
Include copies of your resume (both targeted and general), reference notes, and a business card with your name and contact information.
- r** Resume  
When possible, but not more than two pages. Capture your skills and accomplishments using action verbs such as supervised, managed, organized, & analyzed.
- e** Have a plan  
Know what you are looking for, what you have to offer and know in advance what questions you will ask.
- F** Be prepared to give a brief 30-60 second verbal summary...  
Provide your relevant skills and experience. Respond truthfully to questions, while always painting a positive picture of yourself.
- a** Listen carefully  
Generate and maintain interest by smiling naturally and making eye contact.
- i** Ask for company information  
Information, application materials and the interviewer's business card; submit a resume if applicable.
- T** At the end of the interview...  
offer a firm handshake, confirm your interest and express your appreciation, using the interviewer's name. Walk away with confidence, remembering that you are still on stage. If you are interested in the position follow up by sending a thank you note.
- S** For details, call (719) 526-4590 or 526-0452.

Community Hospital. There will be "how to" classes, field trips and games. The group meets the second Wednesday of the month in the third floor conference room at EACH. Call Rhonda Tulensa at 526-7030 or Carissa Sullivan at 526-7090.

**Post Traumatic Stress help** — "LZ Calvary" is a small group Bible study and support group for veterans experiencing the effects of post traumatic stress disorder. Join a group of veterans who are experienced in combat-related problems and who have successfully dealt with the memories and effects of combat as we work through PTSD-related problems through the study of God's word, fellowship and group discussion. Meetings are held Mondays at 10 a.m. at Grace Brethren Church, 2975 Jet Wing Drive. Call Robert P. Schaffer at 390-8096 or 510-6009 for more information.

**Alcoholics Anonymous** — Alcoholics Anonymous meetings are held at Soldiers' Memorial Chapel Wednesdays at 7 p.m. For more information call 322-9766.

**Claims against the estate** — Anyone having claims against or indebtedness to the estate of Pvt. Laurie K. Boyston, deceased, should contact 2nd Lt. Jonathan T. Baker at 524-4745.

• Anyone with claims against or indebtedness to the estate of Cpl. Brock L. Bucklin, deceased, should contact 1st Lt. Nathaniel Hagen at 330-3835.

• Anyone with claims against the estate of or indebtedness to Spc. Luis D. Santos, deceased, should contact 1st Lt. Jessica Gutierrez at 338-9060.



# Lost pets euthanized after 3 days

## *Fort Carson Veterinary Treatment Facility*

As of July 1, the Pikes Peak Humane Society will no longer be accepting stray animals from the Fort Carson Veterinary Treatment Facility due to contractual issues. This means that, as of July 1, the VTF will be forced to euthanize animals not claimed after three working days.

It is mandatory that all pets on post be microchipped and registered with the VTF. This is vital to your pet because all animals are checked for microchips and identification once they are brought to the stray facility. Staff members then make every attempt to locate owners before any other action is taken.

Besides registering and microchipping your pet, it is also important to keep all contact information up to date. If an animal's record or microchip has incorrect information, it can be nearly

impossible to locate the owner.

The Fort Carson VTF currently works with local rescue organizations to find homes for as many animals as possible, but the staff also needs pet owners to take an active role and comply with post regulations. By the Fort Carson community and the VTF working together, we can ensure that animals are quickly returned to their homes and avoid any misfortune.

To update existing microchip contact information please call: Home Again pet recovery system at (866) 738-4324 or Avid at (800) 336-2843  
All other microchip companies are not readable by the VTF. For questions regarding pet microchipping and registration call the VTF at 526-3803.



## *Pikes Peak MOAA sponsors annual golf tournament*

*Military Officers Association of America*

The Pikes Peak Chapter, Military Officers Association of America, sponsors its 2006 MOAA Mountain Classic golf tournament June 19 from 8 a.m.-1 p.m. at Cheyenne Shadows Golf Course at Fort Carson. The tournament is co-sponsored by The Retired Enlisted Association of America and the Association of Space and Missile Defense of America.

Proceeds from the event help support Operation Home Front Cares, Fort Carson Military Memorial Center and Peterson Air Force Base Museum Foundation.

Entry fee is \$75 per person or \$300 for teams. Current MOAA members pay a reduced fee.

Fees include green fees, cart, goody bag, prizes and a lunch which follows the event at 1:30 p.m.

The tourney is a four-person scramble (mixed team under Peoria Handicap System). Check in begins at 7 a.m. with a shotgun start at 8 a.m.

To register call Tom Skinner at 359-6863 or Tom Daschbach at 331-0108.

Cheyenne Shadows Golf Course is located on Fort Carson near Gate 5 off of Highway 115.

# This Father's Day, connect with dad

**Commentary by Chap. (Maj.) Jeff Zust**  
2nd Brigade Combat Team

*And Jesus said, "Pray like this, 'Our Father ...' — Matthew 6:9*

I'm a bad son. I didn't forget my dad on his birthday — technically. It was a Saturday morning and I called him as usual, and we talked for half an hour. But somewhere in our conversation about golf grips, fishing flies and roof trusses — I didn't wish him a happy birthday. Sadly, it never occurred to me it was his birthday. I had it marked on my calendar and I had his birthday present in my closet. But in a moment of brain cramp, I failed to synch my operational planning with my execution matrix. I'm pathetic.

Pathetic has an explanation. I struggle to connect my family life with my professional life. Daily and weekly schedules are driven by events not dates, and the personal significance of these dates gets lost in translation. Saturday becomes; call Dad day, worship prep and checking unit training — instead of my father's birthday. Maybe these are the symptoms of type "A" behavior or being a U.S. Army Command and General Staff College grad. I don't forget to do events — I fail to appreciate how special these events are. Like I said, I'm pathetic.

I have a feeling that pathetic is not alone. I've spent 20 years working among people who struggle with the same issue — synching personal significance and events. Recently, I was talking with a couple who were computing the years of their marriage

and the ages of their children by the rotation numbers of their deployments. We all do it.

But I don't despair, because pathetic also has a hope. It's true that we reference the times of our lives by the events in our lives — but that doesn't mean we forget the people. Sometimes we just get it backwards. Was our first anniversary rotation 2B to Kosovo, or that time the trip we took to Disney World after I returned home?

Sunday is Father's Day and I get another chance. Is my dad the man I call on Saturday, or is he the man who taught me how to drive my first nail and spent the last two weekends helping me fix my house? He is both. In the middle of an event-packed life, I need to take time to connect significance with events. We all do.

When Jesus taught his disciples to pray, the wording he used to address God was, "Our Father." He used prayer as a pause in the events of life to reconnect with who gives meaning to these events. I believe that he encouraged us to pause and reflect on the significance of a relationship, not a string of events or a religious concept. He used the image of "Our Father."

I know this image is packed full of meanings for everyone. Some are very positive, some are very painful. Relationship and significance moves two ways — it is what we receive and what we give. As I pause and think about this, I consider that I am also a father and responsible for the legacy that I leave my children — the ones whose pictures are in my wallet, and who may not remember to call me this weekend. The scorecard for these relationships may not



be balanced — but they are still essential for our lives.

This weekend is recovery from the field, worship prep, "honey do" list and hopefully a date night with my wife. I will also call my dad and my kids. But beyond the check-the-block events, I will connect with the significant people who make life possible for me. Hopefully, I remember to wish him, "Happy Father's Day." I hope you do the same.



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## Chapel

**Catholic religious education** — The Catholic Religious Education process will begin Sept. 10. Registration forms will be available at Soldiers' Memorial Chapel in the library in August.

For more information contact Pat Treacy at 524-2458.

**Catholic faith information classes** — Inquiry sessions will begin July 17, 8 a.m. at Soldiers' Memorial Chapel. Adults who are interested in becoming Catholic and those who want to learn more about the faith are encouraged to attend.

Call Pat Treacy 524-2458 or Chap. (Col.) Richard Goellen at 526-5769.

**Calling all volunteers** — Volunteers are needed for chapel programs. Contact Dennis Scheck at 526-5626.

**Catholic Women of Fort Carson** — Catholic Women of Fort Carson will meet several times monthly beginning in September. Free childcare is available. New officers are also needed. For more information call Chap. (Col.) Richard Goellen at 526-5769.

**Choir members sought** — New singers wishing to sing with the choir at Mass may come prepare with the choir during the following times: Saturday, meet at 4:15 p.m. for 5 p.m. Mass; Sunday, meet at 8:15 a.m. for 9:15 a.m. Mass.

For more information call Kathy Jewell at 268-1835.

**Summer worship** — Summer worship at Soldiers' Memorial Chapel is held Sundays at 11 a.m. Children's church for those age 4-12 is held during the worship service. Youth activities are held monthly.

## Chapel Schedule

### ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
Mon., Wed., Fri.	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Tues., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	9:15 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	10:30 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Sunday	11 a.m.	Mass	Provider	Barkeley & Ellis	Chap. Goellen/526-5769
Tuesday	7 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769

### PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Meeker/526-3711
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Zusi/526-8890
Tuesday	7 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/231-9511
Sunday	9 a.m.	Samoa	Veterans'	Titus	Deputy office/526-3888

### JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

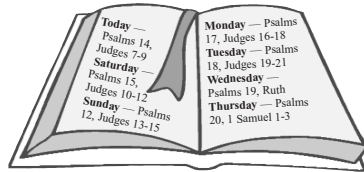
### WICCA

Monday	6:30 p.m.	bldg 4800, corner of Harr and O'Connell	Rhonda Helfrich/338-9464
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### NATIVE AMERICAN SWEATLODGE

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for information and directions: Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.

**Daily Bible readings:** To assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary, which is designed to present the entire Bible over a three-year cycle.



**The Army Cycle of Prayer** — Please pray this week for the following:

**Unit:** For the Soldiers and leaders of the United States Army Reserve 90th Reserve Readiness Command, headquartered in North Little Rock, Ark.

**Army:** For the Soldiers, noncommissioned officers and officers of the Army Nurse Corps. Pray for them in their mission of providing professional and compassionate care during peace time and contingency operations.

**State:** For the Soldiers and families from the state of Arkansas. Pray also for Gov. Mike

Huckabee, the state legislators and municipal officials of the National State.

**Nation:** For the fathers in celebration of Father's Day. Pray for encouragement of all fathers to spend quality time with their children at every opportunity.

**Religious:** For all Soldiers and families from The Plymouth Brethren Church. Pray also for the chaplains endorsed to military service by this community of faith.

For more information on the Army Cycle of Prayer visit the cycle's Web site at [www.usarmychaplain.com](http://www.usarmychaplain.com)

# Burn ban in effect for Fort Carson

## *Fire and Emergency Services*

Due to the severe dry weather conditions, Garrison Commander Col. Michael Resty Jr., has approved a burn ban for the installation.

The ban includes all open-flame charcoal or wood cooking, barbecue and heating devices that are not allowed on public property (parks and open spaces). This ban does not restrict cooking within family housing areas, but individuals are asked to use responsible behavior and take special safety precautions when using open-flame charcoal or wood cooking, barbecue and/or heating equipment, especially in wooded areas. Safety precautions include:

- Locating the grill away from combustible materials including siding and vegetation.
- Heating equipment must have a spark arrestor and, per the International Fire Code, it must be constructed with 12-gauge wire mesh with no greater than one-half inch openings.
- Keep extinguishing agents on hand to include a fire extinguisher and water.

If a call or complaint necessitates an investigation and a Fort Carson Fire Department officer determines the cooking fire to be

dangerous, fire department personnel may issue a cease and desist order. Violation of that order can result in disciplinary action.

A careless fire that threatens or damages property is simple arson or fourth-degree arson and will be prosecuted as such. Bonfires, open burning or recreational fires are not allowed. All cooking grates in recreational areas will be removed.

No smoking is allowed except within enclosed vehicles, buildings or in an area clear of combustible materials. Combustible materials include grasses, weeds and pine needles.

Blasting, welding or other activities which generate flame or have an ignition source are not allowed except by special permit.

No motorized vehicles are allowed off designated roads (excluding down range).

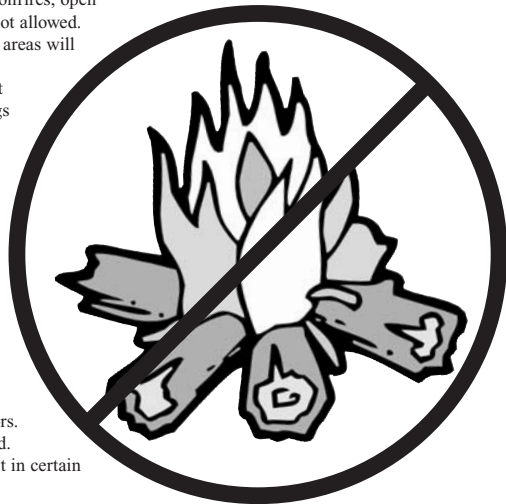
All chainsaws and motorized equipment will have spark arrestors.

Model rocket use is prohibited.

Rockets may be allowed by permit in certain post areas.

As always, fireworks are prohibited within the limits of the installation.

For more information contact the Fire Prevention Branch, Fire and Emergency Services, at 526-2679.





# Children follow parent's eating habits

by Maj. Lori Sydes

*William Beaumont Army Medical Center*

Being a model seems like such a glamorous life. Jetting off to exotic places, fancy clothes and a fat bank account to boot. For most of us however, being a super model is not a viable occupation. But if you have children, you are a model ... a role model.

Unfortunately, when it comes to weight, children are experiencing what many adults experience, an expanding waistline. In 1999-2000, the most recent year of collected data, more than 15 percent of 6-19 year-olds were overweight and more than 10 percent of 2-5 year-olds were overweight. Presently, 9 million children over 6 years of age are considered obese. In 2001, the U.S. Surgeon General issued the Call to Action to Prevent and Decrease Overweight and Obesity to ensure public health initiatives start targeting this problem.

The causes for this rapid rise in children's weight are inter-related and complex. It is the result of changes in eating habits as well as activity level. Children's portion sizes have increased but physical activity has decreased. Some estimate total screen time (television, video games and computer) for school-aged children to be 6.5 hours per day. The more time kids spend in front of a screen, the less active they are. Children consume more soft drinks than ever before. Children are also eating more of their meals away from home, with fast-food restaurants accounting for more than half of those away-from-home meals.



As parents and caretakers, what can you do? A lot. Parents play a critical role in a child's eating habits. Parents are the policy makers for the home. Parents promote healthy eating habits and alter unhealthy ones. Parents have the primary responsibility of what children eat, where and when they eat. In other words, you, as a parent,

have a responsibility to present a variety of healthy foods. And as we all know, presentation is everything when it comes to children.

"But my kids won't eat vegetables," laments one parent to another. The next question needs to

## Parents

From Page 20

be, "Do you eat vegetables?" Studies show that children's food preferences are shaped by what their parents eat. Chances are that as a parent, your eating habits could stand some improvement. An easy way to check is to simply write down everything you ate yesterday. Now, check what you ate against the food pyramid at [www.mypyramid.gov](http://www.mypyramid.gov). Enter your age, gender and activity level. The guide will tell you the amounts you should eat from each food group. Compare yesterday's diet to the pyramid results. Did you get at least three cups from the milk group? How many cups of vegetables did you eat yesterday? See some room for improvement? Set a few simple goals for yourself and then "model" your behavior to your children.

Christine Levy, Fort Carson dietician, said that even fast food or eating out doesn't have to be a negative. "It (eating out/fast food) can be an opportunity to try new foods, even vegetables. The key to eating out is portion control and cooking methods.

"If you take your family to a restaurant that only serves fried foods, you're setting them up for failure," Levy said.

"Encouraging kids to cook with you teaches them about good nutrition

while teaching them a skill they'll have for life. Keep recipes simple. Pack childrens' lunches with their tastes in mind, but encourage them to try new items."

If at first you don't succeed, try, try again ... Junior still holding his nose at anything green? We all know children won't eat what they don't like. But what foods Junior likes depends a lot on what Junior has been exposed to. Studies show that when you repeatedly offer a new food (up to 10 times) you increase the chance that your child will accept it. So be vigilant, Junior may just surprise you.

Some more "modeling" tips:

- Try to have one family meal together each day.
- Use [mypyramid.gov](http://mypyramid.gov) as a guide in menu planning for the entire family.
- Involve your children with reading food labels, encouraging food choices based on fiber or fat content.
- Allow your child to express hunger and fullness and praise your child when he or she responds to internal cues.

**Editor's note:** Maj. Lori Sydes is the chief of Nutrition Care at William Beaumont Army Medical Center at Fort Bliss, Texas. Christine Levy is Fort Carson's outpatient dietician and can be reached at 526-7290. She holds an MBA, MHA and is a registered and licensed dietician.

## Fancy feet

*A member of one of the 40- plus teams attending the Pride Challenge Cup Soccer Tournament runs through the timed obstacle course for training before his match at Pershing Field June 9. More than 600 team members, coaches, parents and family members attended the three-day event which ended Sunday.*



Photo by Master Sgt. Dennis E. Beebe

# 84th Pikes Peak International Hill Climb is July 1

by Nel Lampe

*Mountaineer staff*

Other than the Indianapolis 500, the Pikes Peak International Hill Climb is the oldest race in the United States. The 84th race is set for July 1.

Called "The Race to the Clouds," it's one of the best known and most challenging motor sports in the world.

The race was started by Spencer Penrose, owner of the Broadmoor Hotel. Penrose and other investors decided to build a road up Pikes Peak to attract motorists to the Colorado Springs area. It was estimated that the road would cost about \$25,000, but their figures were low; the final cost was \$500,000.

Penrose was a colorful character and had a talent for public relations and promoting his ideas and interests.

Seeing a need to promote the new road to the summit of Pikes Peak, Penrose started an automobile race in 1916. He offered a purse of \$2,000 and a large trophy, and persuaded Barney Oldfield, a famous racer at the time, to enter the race. Oldfield came in fifth, and the first-place winner, Rea Lentz had a time of under 21 minutes for the 20.42 mile race.

This year's race begins near mile seven of the Pikes Peak Highway and ends 12.4 miles and 256 corners later. The route encompasses hairpin curves amid 2,000 foot cliffs as the gravel road leads to the 14,110 foot summit of Pikes Peak. Drivers may reach speeds in excess of 120 mph on straightaways. About 150 drivers will compete in this year's race.

But this race is different than most races; there

are no bleachers or reserved seats. Racing fans bring their own chairs or sit on rocks to watch. Tickets are required, and sell for \$40-\$80 at Tickets West, 576-2626, or King Sooper stores. Anyone older than 13 must have a ticket. Under the "Salute to the Troops" program, military members with identification can buy tickets for half-price.

Fans must arrive at the race site very early. The Pikes Peak Toll Road opens at 4 a.m. on race day. Race tickets include the toll for the Pikes Peak Highway.

Uphill traffic must be off the highway well before the race begins at 9 a.m.

One way to beat the crowd and avoid the very early Saturday wake up is to spend the night on the mountain. For the first time in several years, limited overnight camping is allowed with a permit.

Only 200 camping permits are available at the cost of \$100 per car load, on a first-come, first-served basis. Permits are available at Sportsman's Warehouse at 555 N. Chelton Road. The phone number is 597-9200.

Campers must also have a race day ticket.

Race fans can bring their own food and water. Alcohol is allowed as designated on the map on the Web site [www.ppihc.com](http://www.ppihc.com). Cooking is permitted with propane stoves with shut-off valves. There's a \$5 parking fee.

Military and their family members may eat for free at a tent catered by Texas Roadhouse.

Fans should have sunscreen and be prepared for cold weather on Pikes Peak..

2006 race divisions are:

- Exhibition



Photo courtesy Pikes Peak International Hill Climb  
*A car races up Pikes Peak during the Pikes Peak International Hill Climb.*

- Pikes Peak open
- Super stock car
- Championship
- Mini-sprint
- Open wheel
- Unlimited
- 250 pro: two-stroke and four-stroke single cylinder
- 450 pro: four stroke single cylinder and 251-500cc two-stroke single cylinder
- 750 pro
- Vintage
- Supermoto
- Side car
- Quad



# Community Policing



## Department of the Army Police



**Name:** Officer Nichole Barraza

**Experience:** Officer Nichole Barraza has been assigned to the Office of the Provost Marshal, Department of the Army civilian police, since April 2004. Barraza was assigned as a military police officer for two years and currently works as a DA police officer assigned to Fort Carson police.

**Quote:** "Stay alert, pay attention and be safe!"

## Military Police



**Name:** Spc. Stacy Smith

**Experience:** Spc. Stacy Smith arrived to Fort Carson in December 2001 and is currently assigned to the 984th Military Police Company as a driver. Smith's previous assignments include basic training, advanced individual training. Smith's operational deployments include Operation Iraqi Freedom 2. She currently is training for future deployments and serves the Mountain Post community with law enforcement duties.

**Quote:** "Seek first to understand, then be understood."

## Alutiiq-Wackenhut Security Services



**Name:** Officer Curtiss Witherite

**Experience:** Officer Curtiss Witherite is retired from the U.S. Army after serving 20 years as a cavalry scout. Witherite has served as a security officer with Alutiiq-Wackenhut Security Services here for the past eight months.

**Quote:** "One team, one fight."



# Tobacco demonstration project under way

**by Christelle Michael**

*TMA Communications*

**FALLS CHURCH, Va. —** Tobacco use, particularly cigarette smoking, remains the leading cause of preventable illness and death in the United States, according to the 2004 Surgeon General's annual report. Our uniformed service members and their families are not immune to such risks from tobacco use.

"Smoking by active duty personnel has increased for the first time in two decades, according to the 2002 Health Related Behavior Survey conducted by the Department of Defense.

The results from the 2005 survey are expected later this summer," said Navy Capt. Patricia Buss, deputy chief medical officer, TRICARE Management Activity.

TRICARE Management Activity, in partnership with corporate administrators Lockheed Martin

and Wellplace, will address smoking cessation by sponsoring the Tobacco-Free Me Demonstration Project. Initially spearheaded by the Assistant Secretary of Defense for Health Affairs in 2004, the tobacco cessation demonstration project is now under way in four western states, and will assess several factors aimed to educate service members and their families about the dangers of tobacco use. More importantly, the study hopes to significantly aid personal efforts to curb or cease the use of tobacco products.

The states of Colorado, Kansas, Missouri and Minnesota are hosting the demonstration project for eligible TRICARE Prime and Prime Remote beneficiaries, between the ages of 18 and 64, who reside more

than 40 miles from an inpatient military treatment facility Prime service area.

Beneficiaries who are Medicare eligible may not participate in the study.

"Smoking has a direct impact on the physical fitness of service members, which could also affect mission readiness," Buss added. "Our goal, with this demonstration project, is to reduce the number of tobacco users and improve their quality of life."

TRICARE Management Activity is soliciting participation from eligible beneficiaries to become involved in the Tobacco-Free Me demonstration project.

Beneficiaries, who meet all of the previously stated eligibility requirements and would like

to receive additional information, may visit the Tobacco-Free Me Web site at [www.Tobacco-FreeMe.org](http://www.Tobacco-FreeMe.org) or may contact the project by calling the following toll-free number (888) 742-0742.

For beneficiaries who may be unable to receive project information through the above points of access, the Lockheed Martin and Wellplace companies will contact eligible TRICARE beneficiaries, in the four states, by mail, with complete project descriptions and procedural indications on how one may participate.

Outcomes of the Tobacco Free-Me demonstration will be utilized to assist TRICARE in establishing a valid framework for determining future courses of action, to help service members and their families choose healthier lifestyles by ceasing the use of tobacco products.

For more information on the Healthy Choices for Life campaign and the Tobacco Demonstration Project, or to sign up, please visit the TRICARE Web site at [www.tricare.osd.mil/healthychoices/](http://www.tricare.osd.mil/healthychoices/).



# Fiesta Vacation Bible School



Dean Danis, left, and Segun Falconer place the finishing touches on their Rabbit cookie snack that was also one of the day's craft projects.

## Mountaineer staff

Vacation Bible School kicked off Monday for children of the Mountain Post at Soldiers' Memorial Chapel. This year's theme: Fiesta!

One-hundred and eighty children of all ages attended the Bible school party. There were 100 volunteers who helped the children with various activities and games.

Throughout the week-

long Bible celebration, children had four different stations they could participate in.

One of the activities the children participated in was the Bible adventure, said Dr. Dennis Scheck, Fort Carson director of religious education. During the Bible adventure, children acted out various stories in the Bible.

The children also learned how to make crafts, some of which they got to eat. One of the crafts the children made and tasted was a rabbit cookie made of apple slices, raisins, marshmallows

and licorice sticks.

Outside of Soldiers' Memorial Chapel, children participated in a few activities such as relay races and a sidewalk chalk art contest.

Between all the games and snacks, children received Bible study lessons.

The Fiesta Bible school concludes today with a family picnic behind the chapel.

Fort Carson has been hosting the Vacation Bible School for the past seven years, said Scheck. The Vacation Bible School is sponsored by Catholic and Protestant churches.



Photos by Master Sgt. Dennis E. Beebe

Doug Tata, games leader, right, cheers on Michelle Wilkerson's kindergarten through fifth grade crew during the "carry an injured friend" relay race.



Elena Correa concentrates on finishing her sidewalk art during one of the outdoor projects.

Children concentrate on the task at hand during "Chatter's Theater" in the main hall of Soldiers' Memorial Chapel.



Gavin Harmon makes his choice among the multitude of cupcakes during snacktime.



The preschool "crews" are gathered during the introduction period at the start of Vacation Bible School.



The "red crew" shows its enthusiasm during the "Viva" response to the daily theme during craft time Monday.

Chatter's Theater gets under way at Soldiers' Memorial Chapel during Vacation Bible School.



# WCAP Soldier among finalists for Coach of the Year award

by Tim Hipps

*Army News Service*

ALEXANDRIA, Va. — U.S. Army World Class Athlete Program rifle coach Maj. David Johnson is one of five finalists for the U.S. Olympic Committee's 2005 National Coach of the Year award.

Johnson coaches the USA National Rifle Team at the U.S. Olympic Training Center in Colorado Springs. Athletes under his tutelage won eight medals in the 2005 World Cup competition. They also secured five Olympic participation quotas and two victories at international junior-level tournaments.

Johnson was responsible for the development of more than 30 national and national-developmental team athletes last year as Team USA's head coach for all international competitions, USOC officials said.

"This is the first time I've received an honor like this, being a finalist for USOC coach of the year," Johnson said. "I'm quite humbled by it. I'm one of those folks who believe you're only as good as your athletes. We have some very high-quality men and women that train, military and civilian, here at the Olympic Center and at Fort Benning, Ga. (home of the U.S. Army Marksmanship Unit).

"It's my privilege to be in the WCAP program, which allows me to coach them. With their hard work, it's easy to make a coach look good. I appreciate their efforts and I do my best for them."

Johnson also served on Team USA during the 2004 Summer Olympics in Greece, where he coached civilian

Matt Emmons to a gold medal in 50-meter prone rifle shooting and WCAP Maj. Michael Anti to silver in the 50-meter three-position event.

"I'm now programmed to be the Pan Am coach in '07 and the Olympic team coach for rifle shooting again in 2008 in Beijing," Johnson said.

Johnson, 42, a native of Mount Holly, N.J., has been a member of the U.S. National Rifle Team for 17 years. He competed at the 1992 Olympics in Barcelona, Spain, where he placed 11th and 21st in air rifle and three-position shooting, respectively.

After leaving active duty and joining the Army Reserves in 2000, Johnson began coaching full time at the University of Alaska Fairbanks and led the Nanooks to three individual and two team NCAA championships.

In June 2002, Johnson returned to active duty, was assigned to WCAP at Fort Carson, and selected as rifle coach for the U.S. National Team.

"I take it very seriously as my job to do everything I can to get them on the podium," he said. "So far we've done pretty well."

Johnson began shooting in 1972 at the Langley Junior Rifle Club in Virginia. A 1982 graduate of Hampton High School, he holds a bachelor's degree in finance from West Virginia University.

Mike Candrea of USA Softball, Gail Goestenkors of USA Basketball, Bobby Kersee of USA Track and Field and Eddie Reese of USA Swimming are the other finalists, USOC officials announced June 7. The award will be presented June 23 during the Night of Champions gala at the U.S. Olympic Assembly in La Jolla, Calif.



*Army Reserve Maj. David Johnson of the U.S. Army World Class Athlete Program works with Sgt. 1st Class Anthony Leone. Johnson is one of five finalists for the U.S. Olympic Committee's 2005 National Coach of the Year award to be presented June 23 during the Night of Champions event in La Jolla, Calif.*

# Storing, protecting medicines

## TRICARE

Prescription medications and over-the-counter drugs do not last forever. Each one has a shelf life. To avoid waste and ensure your medicines stay effective, follow these steps.

### ***Keep medicines in their original containers***

Some drugs (like certain heart medications) break down if they are taken out of their original container. Keep your drugs in their original containers with lids tightly closed.

If you use a pillbox to keep track of when to take medication, fill the box for one week at a time. Keep the rest of the tablets in their original containers.

By keeping prescription products in their original containers, you also are preserving the valuable information the label provides. Your name on the label helps ensure that you take your own medicine and not someone else's. Should you still take the wrong medicine by accident, the label offers a quick way to know the name and strength of the drug.

The label also lists a prescription number which tells pharmacists how many tablets or capsules were originally in the bottle, the date the prescription was last filled and the number of refills remaining.

### ***Check expiration dates***

Both prescription and over-the-counter drugs have expiration dates. As drugs age past their expiration, they begin to lose their potency.

Make it a point to check the expiration date on all your medicines every six months. Most medicines expire about one to two years after they are purchased, but some may expire more quickly.

When your medicines expire, dispose of them safely. Take them to Evans Army Community Hospital outpatient pharmacy for proper disposal.

### ***Store medicines properly***

- Keep your medicines in a cool, dry place out of direct sunlight and away from moisture. For instance, the bathroom medicine cabinet is not a good place because it is warm and humid.
- Always keep medicines where children can't see or reach them.
- Ask for childproof caps and keep all bottles tightly closed.
- Most drugs should be stored at room temperature (59 degrees Fahrenheit to 86 degrees Fahrenheit).
- Do not store medicine in the glove compartment of your car. Extreme high or low temperatures can damage it.
- Some medicines need to be kept in the refrigerator — but do not put them in the freezer.
- Ask your pharmacist about the best way to store a particular medicine, since different types (tablets and liquids) may have special storage requirements.

Visit the Web site at [www.express-scripts.com/TRICARE](http://www.express-scripts.com/TRICARE) for more information on prescription drug benefits.





## Summer Concert

in the park

**every thursday, july 6 - august 10**

**iron horse park**

julio and me - July 6  
dwight shaw big band - July 13  
the riders - July 20  
chase n' the dream - July 27  
world's most dangerous band - August 3  
blue steel - August 10

All performances are **FREE** and begin at 6:00 pm

for more information **526-4494**

## THE FOURTH ON THE THIRD

★ an independence day celebration ★

CELEBRATE AMERICA'S 230<sup>TH</sup> BIRTHDAY WITH OUR TROOPS OVERSEAS

July 3rd, 2006

- Location: Iron Horse Park
- Gates open at 4 p.m.
- Fireworks at 9:30 p.m.
- FREE & open to the public
- Remember lawn chairs & blankets!

It's as American as apple pie! Come celebrate Independence Day a day early at historic Fort Carson.

There'll be live entertainment, music, great food, games and fun: something for all ages.

Cap off the perfect evening with a spectacular fireworks display, choreographed to your favorite tunes.

### Use these coupons and save \$30.00!

**ITR TRIP COUPON**

**SAVE \$10 off Original Trip Price!**

**WATER WORLD trip June 21, 2006** Number: 00060106

Authorized by: SETH YEAROUT Expires: June 22, 2006

ITR Office  
Bldg. 2429  
Fort Carson, CO  
80913  
526-5366

Not redeemable for cash. Non transferable. One coupon per person.

**Fort Carson**

**ITR TRIP COUPON**

**SAVE \$10 off Original Trip Price!**

**WATER WORLD trip June 21, 2006** Number: 00060106

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ITR Office  
Bldg. 2429  
Fort Carson, CO  
80913  
526-5366

Not redeemable for cash. Non transferable. One coupon per person.

**Fort Carson**

## ITR Trip to WaterWorld (Denver)

**Wednesday, June 21st**

**8 am - 6 pm**

**\$30 per person**

**Transportation included**

**First come, first served.**

**Must pay to register/No reservations**

**Must be 16 years or older to go on the trip without adult supervision.**

**A waiver must be signed by an adult 18 years or older at the time of registration.**

**For more information, please call**

# 526-5366

Rocky Mountain National Park ...

# Nature at its best

**Story and photos by Nel Lampe**

*Mountaineer staff*

Rocky Mountain National Park has some of Colorado's most beautiful sights. It's also one of the nation's most popular national parks.

Near the town of Estes Park, north and west of Denver, the park has silvery lakes, glaciers, waterfalls, Alpine tundra, meadows, pine trees, wildflowers, jay birds, bighorn sheep, elk and deer, as well as 100 peaks more than 10,000 feet high and Longs Peak which tops out at 14,225 feet.

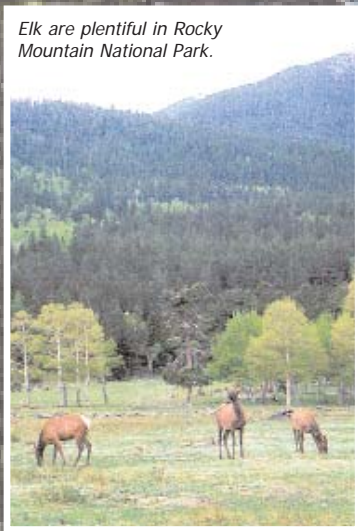
Rocky Mountain National Park covers 415 square feet and straddles the Continental Divide.

The park is open all year, but winter sometimes brings heavy snow which closes some of the park's roads.

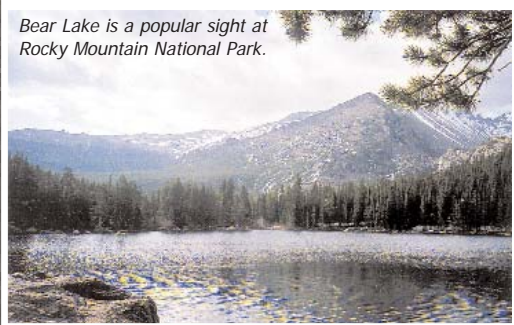
Rocky Mountain

See **Park** on Page 46

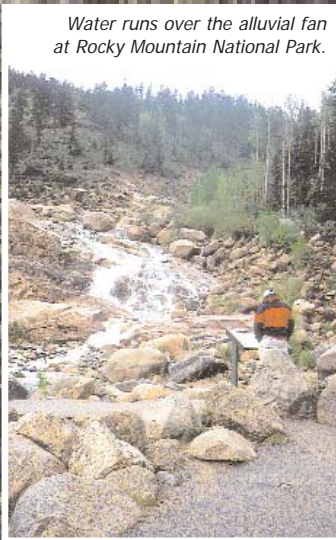
*Elk are plentiful in Rocky Mountain National Park.*



*Bear Lake is a popular sight at Rocky Mountain National Park.*



*Water runs over the alluvial fan at Rocky Mountain National Park.*



**Places to see in the Pikes Peak area.**

**June 16, 2006**

# Happoemins



## Park

From Page 45

National Park's Trail Ridge Road is the highest paved highway in the nation. It passes through Alpine tundra and crosses the park from east to west, over the Continental Divide. Its highest point is 12,183 feet above sea level. Trail Ridge Road usually isn't open until Memorial Day and closes when the snows come — usually in October.

Trail Ridge Road leads from Estes Park to Grand Lake, about 50 miles, and takes three or four hours to traverse, much of it above tree line.

Trail Ridge Road is the most famous road in the park, but there are other choices. Any road in the park takes you past breath-taking scenery.

Get a map of the park and ask a ranger at one of the visitor centers for advice. Just driving through the park is a treat, but there's so much more.

If hiking is your forte, there are 360 miles of trails in the park. Fishing for trout is a possibility, and so is climbing, horseback riding, camping and backpacking.

Several visitor centers are in the park: Beaver Meadows, Kawuneeche and Fall River. Alpine Visitor Center is open during summer. Moraine Park Museum and the Lily Lake Visitor Center are open spring to fall.

No hotels are in the park, but there are campgrounds: at Longs Peak, Moraine Park and Timber Creek campground, which are open year-round. Another campground, Aspenglen, is open mid-May through September.

But plan ahead; remember that Rocky Mountain National Park is

very popular, with more than 3 million visitors each year. For a camping reservation, call (800) 365-2267 or go online at [Reservations.nps.gov](http://Reservations.nps.gov). The camping fee is \$20 per day.

There are several commercial camping facilities, motels and lodges in the Estes Park area. Call (800) 443-7837 or check the Web at [www.Estesparkcavb.com](http://www.Estesparkcavb.com). Hours are 9 a.m.-8 p.m. during summer.

Roads are sometimes crowded and parking lots at some sights may be full. Even with full parking lots, visitors can still drive through the park.

Free shuttle buses help alleviate traffic in the park. Beginning July 1, shuttles leave from the park and ride near Glacier Basin.

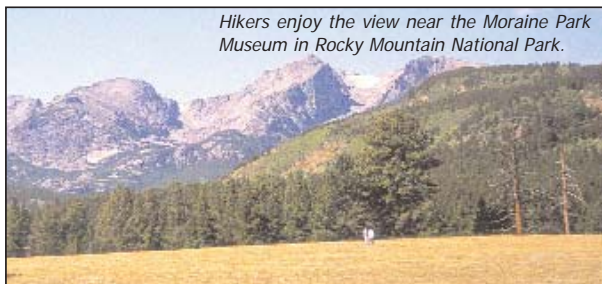
New, free shuttle buses run from the Estes Park Visitor Center, from mid June through Oct. 1. Visitors may park at the center, near the intersection of Highways 34 and 36, and take a shuttle bus to the park and return to the visitor center or get off at a stop for hiking or sightseeing and return on a later bus. The shuttle bus goes to Glacier Basin, Bear Lake and Moraine Park and runs from 7 a.m.-7 p.m.

The entrance fee for Rocky Mountain National Park is \$20 for one vehicle, or \$10 for a motorcycle. The pass is good for seven days. Call (970) 586-1206 to reach Rocky Mountain National Park.

Remember, the park is at high altitude; take water and sunscreen.

The town of Estes Park is close to the park's east entrance. The town was named for Joel Estes, who rode into the valley in 1859. He was instrumental in getting the area designated a national park.

The town of Estes Park is much like an Alpine village,



Hikers enjoy the view near the Moraine Park Museum in Rocky Mountain National Park.

surrounded by mountains.

Estes Park is home to perhaps the best known hotel in Colorado — the Stanley Hotel. The historic hotel was the inspiration for Stephen King's book, "The Shining." King was having dinner at the Stanley when he began to imagine what it would be like being snowbound there. Soon, King had a novel in the making. The Stanley became the fictional "Overlook Hotel" in the novel.

A Warner Brothers movie based on the novel starred Jack Nicholson but filming wasn't done at the hotel because Director Stanley Kubrick thought nobody would believe an elegant hotel like the Stanley could exist in the Colorado mountains.

Author King became involved in 1996 with another version of "The Shining," this time a two-part television film. Much of this film was made at the Stanley Hotel, which was renovated extensively for the filming.

Some scenes from "Dumb and Dumber" were also shot at the Stanley.

The Stanley Hotel was named for Freelan Oscar Stanley, who had the hotel built. Freelan and his twin brother Francis Edgar, were inventors. They invented a machine which manufactured dry plate negatives and sold the patent to Eastman Kodak in 1904 for a fortune.

The brothers also invented and manufactured the Stanley Steamer automobile.

Eventually Freelan Stanley moved to Colorado for his health, settling in Estes Park. He decided the town needed a luxury resort hotel so he had one built. He also built anything necessary to support the hotel, such as power and water plants, sewers, roads and a bank.

The Stanley Hotel was equal to any resort in the world when it opened in 1909.

Early hotel guests were met at the train station and transported to the hotel in a specially designed Stanley Steamer Mountain Wagon.

A 1906 Stanley Steamer Runabout is in the lobby of the Stanley and a museum in the lobby depicts the life of the hotel's founder. The museum is open from 10 a.m.

## Just the Facts

- **Travel time:** two and a half hours
- **For ages:** all
- **Type:** scenic national park
- **Fun factor:** H H H H H  
(Out of 5 stars)
- **Wallet damage:** \$ park entrance  
\$ = Less than \$20  
\$\$ = \$21 to \$40  
\$\$\$ = \$41 to \$60  
\$\$\$\$ = \$61 to \$80  
(Based on a family of four)

until 3 p.m. and has free admission.

The Stanley Hotel has a ghost story session Fridays and Saturdays at 7 p.m. The \$5 admission includes stories and hot chocolate. A history and ghost tour is also conducted, which costs \$10 for adults and \$5 for children ages 5 to 12.

The tours last 45 minutes to an hour, and can be arranged by calling (970) 577-1903. Reservations are suggested.

Visitors may walk through public parts of the hotel, visit the museum, eat in the dining room or bar or have tea or coffee in the tea room.

The town of Estes Park has several restaurants and interesting shops. There are some tourist-type attractions for families.

A visit to Rocky Mountain National Park and Estes Park can hardly be accomplished as a day trip. Visitors might want to make arrangements to spend a night in the Estes Park area or in Denver in connection with a visit to Rocky Mountain National Park.

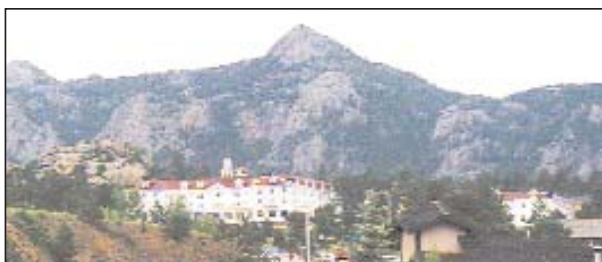
Call the Estes Park visitor for information about Estes Park or lodging at (800) 443-7837.

To reach Estes Park and the nearby Rocky Mountain National Park, take Interstate 25 north to Loveland, about 45 miles north of Denver. At Loveland, take Highway 34 west to Estes Park, through scenic Big Thompson Canyon.

The trip takes almost three hours one way. To speed up the trip, consider taking the toll road E-470, accessed from I-25 near the Park Meadows Mall, and bypassing Denver. Take dollar bills and quarters for the tolls, which total about \$9 and saves about an hour's time on a busy traffic day.



The visitor center near the Fall River entrance helps visitors learn about wildlife in Rocky Mountain National Park.



The Stanley Hotel, built in 1909 by F.O. Stanley, of Stanley Steamer automobiles, was the hotel in Stephen King's novel and movie "The Shining."

## Get Out!

### Springspre

**The annual downtown Colorado Springs fest, "Springspre"** is Saturday from 9 a.m.-7 p.m. The fest will be in blocked-off streets along Tejon, from Boulder to Costilla. It's a free fest for the family, with entertainment, food vendors and lots of activities.

### The circus is here

**Ringling Bros. Barnum & Bailey Circus**, "The Greatest Show on Earth" continues through Sunday at the World Arena. Tickets are \$13 and \$20, with a military discount for children's tickets; call 576-2626.

### Free summer concerts

**Every Wednesday** through Aug. 23, there's a free concert at 6 p.m. in America the Beautiful Park. The park is near Interstate 25 and Bijou Street, turn south on Cimino Drive. Concerts will be cancelled in case of rain. The concert Wednesday is "The Stringdusters," playing bluegrass.

### World Theatre

**The third annual Colorado Festival of World Theatre** is July 20-30. The festival includes presentations from around the world such as "Black Comedy," "Talking Heads," "Toxic Audio," "Shakespeare's Villains,"

"Emergenc-SEE" and "Frogz." More information about the world theater can be found at [www.ColoradoFestival.org](http://www.ColoradoFestival.org) or by calling 475-1737. "Frogz" is July 25-29 in Dickson Auditorium at Woodland Park High School, about 18 miles west of Colorado Springs on Highway 24 West. Tickets to the July 29, 2 and 7 p.m. performances of "Frogz" are offered at a discount for Soldiers, call 955-2599 for tickets.

### North Pole open

**Santa's Workshop at the North Pole** is open for its 50th season. Half-price tickets are available with a coupon from the Web site [www.Santas-Colo.com](http://www.Santas-Colo.com), making admission \$7.95 through June 30. The theme park is off Highway 24 West at Cascade.

### July 4 activities

**Sky Sox vs. Portland**, 7:05 p.m. July 3, followed by fireworks at Security Service Field. Tickets are \$7-\$9.

**Buckskin Joe** celebrates an old-fashioned July Fourth with family games. Buckskin Joe is west of Cañon City on the road to Royal Gorge Bridge; call (719) 275-5149.

**Fan Fest**, featuring a Red Bull TNT freestyle motorcross show, is June 30, from 5-10 p.m. on Tejon Street downtown. Admission is free.

**The 84th Race to the Clouds** up Pikes Peak Highway is July 1, with half-price tickets for military. Go to [www.ppihc.com](http://www.ppihc.com) or call (866) 464-2626 for tickets information.

**"Fabulous Fourth" is celebrated in Memorial Park at 7 p.m.** The Colorado Springs Philharmonic will be joined by the

U.S. Army Field Band and Soldiers Chorus.

**An old-fashioned July Fourth is observed at Rock Ledge Ranch from 10 a.m.-5 p.m.** with free admission for military with identification. There are old-fashioned games, hot dogs and ice cream.

**Royal Gorge Bridge**, west of Cañon City, has live entertainment July 1-4.

**The Rocky Mountain Dinosaur Resource Center** in Woodland Park has half-price admission with military identification July 4-5. Hours are 9 a.m.-6 p.m.

### Denver museum

**"Body Worlds 2: The Anatomical Exhibit of Real Human Bodies"** is in the Denver Museum of Nature and Science through July 23. There's a charge of \$10 for this exhibit. Go online at [www.DMNS.com](http://www.DMNS.com) or call (303) 322-7009. The museum is in Denver's City Park at 2001 Colorado Blvd.

### Colorado Renaissance

**The Renaissance Festival in Larkspur**, between Colorado Springs and Denver, off Exit 173, is open for its eight-week run. Adult tickets are \$16.95, children tickets are \$8. The festival has its own 16th century village which is open 10 a.m.-6 p.m., rain or shine, Saturdays and Sundays only. Go ye forth and have fun.

### Street breakfast

**The annual Colorado Springs Street Breakfast** is Wednesday, 5:30-9 a.m. Enjoy pancakes and entertainment for \$5; Soldiers get a \$1 discount. It's on Pikes Peak Avenue and Tejon Street.





Photo courtesy Six Flags

## Six Flags Elitch Gardens

*The Amazing Acrobats of China are the newest attraction at Denver's Six Flags Elitch Gardens. The show runs multiple times daily in the summer. Admission at Six Flags Elitch Gardens is \$44.99 for anyone 48 inches and taller and \$22.99 for those guests under 48 inches. Parking is \$15. Or, buy your ticket at Information, Tickets and Registration for \$20, call 526-5366.*

## Buster's Baghdad

by Maj. James D. Crabtree

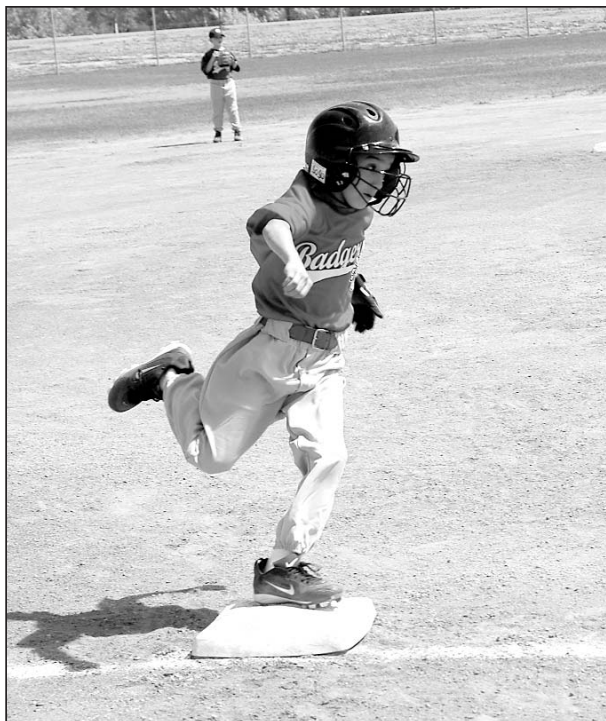


# SPORTS & LEISURE

## Post youth baseball season under way



Catherine Vuono, left, Yellow Jackets 3 to 4 year old team coach, cheers as her daughter Alexandra Vuono heads to first base after hitting the baseball.



Jo Jo Gass rounds third and heads for home to complete his inside-the-park home run Saturday.

**Story and photos  
by Walt Johnson**  
*Mountaineer staff*

The post youth baseball team kicked off Saturday under ideal conditions as the youngest members of the post leagues took the field south of the Mountain Post Sports Complex.

The 3-4, 5-6 and 7-9-year-olds began their season with the kind of enthusiasm and energy that is evident at the beginning of a new season. Even the parents of the young ball players had a little extra pep in their step and yelled encouragement as the teams took the field or batted.

Kristina Cannon, youth center assistant sports director, said the new baseball season always brings a lot of excitement for the children and others associated with the program.

"This is the start of the summer sports season and a lot of the kids that don't play soccer do play baseball. We have a lot of kids anxious to get out in the open air and play baseball and we are happy that we are able to bring this type of program to the kids and their parents. It's always so much fun to watch the kids as they learn how to hit, run and catch and enjoy the game of baseball.

"Our coaches are great in the time

they take to teach the kids during practice and during games. This is a total team effort when it comes to making this program successful," Cannon said.

Two of the coaches that got a chance to put their young charges on the field, Angie Evans and Veronica DeVore, said there are many reasons to be happy to get the season under way and get that first game behind them and the children.

"We didn't get a chance to practice a lot because of weather conditions but we did get some work in and we are excited to get the season started. My coaches and I are glad to get things rolling so we can get these kids playing baseball," Evans said.

"I really loved the way my team played. I was really surprised at the talent my team showed today. We didn't have the chance to practice a lot but the team did very well out there. I think what this game showed me was the season is going to go real well and the kids are going to learn very quickly," DeVore said.

Evans said she never played in an organized league as a child but she learned the game by watching one of the most storied franchises in history and

See **Baseball** on Page 42



A youth player swings to hit a ball off the tee during action Saturday in youth baseball.

## On the Bench

# Lady Mountaineers back in league action

by **Walt Johnson**

*Mountaineer staff*

**The Lady Mountaineers will be back in action after a two-week break when it plays a double header Wednesday at Sky View Softball Complex in Colorado Springs.**

The Lady Mountaineers will meet the Lady Shooters at 7 p.m. in the first game of the double header and then it will take on Spectrum Rehabilitation in the second game beginning at 8 p.m. The Lady Mountaineers will be coming off a second-place showing in its most recent tournament action and are playing an exciting brand of softball that is gaining the respect of many of the city's top softball teams. Cathy Satow, Lady Mountaineers head coach, said this team has been getting consistently better each week and she knows the fans of the Mountain Post will be happy to see how well the team represents the post.

**The FIBA Americas under 18 championships will take place in Colorado Springs at the U.S.**

**Olympic Training Center June 28-July 2.** If you want to get a sneak peek at what the tournament may look like, the United States team will be working out at the center beginning Monday from 8:30-11 a.m. and 4-7 p.m.

The first chance to see the U.S. team in action will be June 23 as the U.S. women's junior national basketball team will take on Canada's team at the post Special Events Center at 5 p.m. The contest will be a scrimmage game for the teams as they prepare for the 2006 games.

The event is being hosted by USA Basketball and will include teams from Argentina, Brazil, Canada, Costa Rica, the Dominican Republic, Paraguay and Puerto Rico. The scrimmage game will be free of charge at the Special Events Center as will the games that will be played at the Olympic Training Center in Colorado Springs. There will be four games

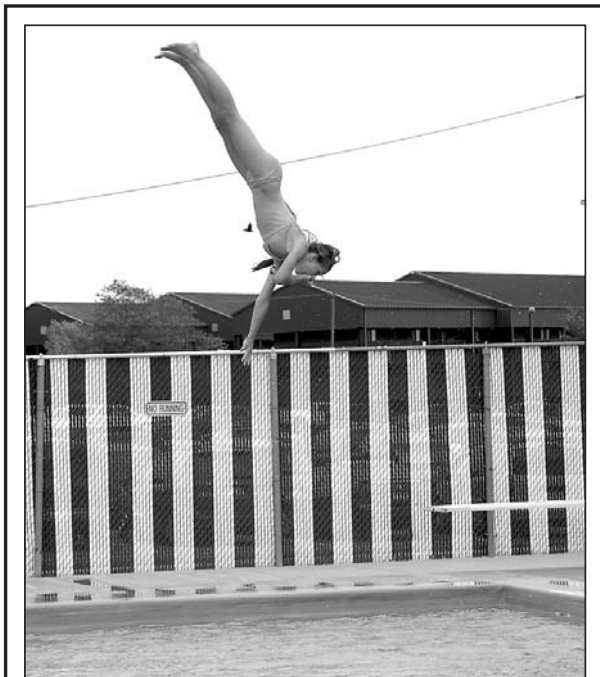


Photo by Walt Johnson

## Nice dive

*A young diver goes into the post swimming pool June 9. The post outdoor pool is now open seven days a week for post patrons from 10 a.m. to 5:45 p.m.*





Photo by Walt Johnson

## Youth soccer

*Members of the post youth soccer 10-12 year-old soccer team look to play defense during the Pride Soccer tournament held at Pershing Field on post June 9-10. The post youth team finished third in its age group during the tournament.*

## Bench

From Page 38

each day beginning with an 11:30 a.m. tip-off and the final contest each day will begin at 6:15 p.m. The specific tournament schedule can be found at: [www.usabasketball.com/women/2006/06\\_wu18\\_results.html](http://www.usabasketball.com/women/2006/06_wu18_results.html).

According to USA basketball officials, the top four finishing teams qualify for the 2007 FIBA U19 World Championship, so this is a pretty big event in the basketball world. The players involved will be the top athletes age 18-and-under from each of the eight nations, many of whom will go on to represent their country in future Olympics.

**The Directorate of Morale, Welfare and Recreation will be holding tennis matches for those interested in playing doubles matches beginning June 24 at the Mountain Post Sports Complex.**

According to Steve Hollister, DMWR sports, matches will be played on Saturday from 9 a.m. to 1 p.m. "The first few Saturdays will be used to assess skill levels and the games will consist of one set of matches," Hollister said.

For more information on the program contact Hollister at 526-1023.

**The post 10-12 year-old soccer team placed third in its age group in the Pride Soccer tournament held on post June 9 through Sunday.**

Bill Reed, team head coach, said he was extremely proud of the way his young team competed in the tournament and said it was a great opportunity for the post youth to experience the level of competition at the tournament. Reed said



## ***Mountaineer Varsity Sports***



Photo by Walt Johnson

### **Flames win**

*The Colorado Springs Flames' Cortez Buckley, 20, races up the middle against the Denver Titans defense Saturday in Thornton. The Flames, a semi pro football team that features members of the military community in Colorado Springs, defeated the Denver Titans 30-17 to gain sole possession of first place in the Colorado Football Conference. The Flames will next be in action June 24 when hosting the Denver Wildcats at Fountain-Fort Carson High School's Guy Barrickman Stadium on the high school campus. The game will be military appreciation night. Any member of the armed services holding an identification card (which must be presented at the gate) will be admitted to the game free. Members of active duty, guard and reservist families will have to pay to get into the game. Tickets will be available for purchase at the gate starting at 6 p.m for all attendees. Ticket prices are: \$4 for adults, \$3 for children 10 - 17 and free for children under 10. Concessions will be available at the game. No coolers are allowed inside the stadium. All schools in Colorado are tobacco, alcohol and drug free zones.*



Photo by Walt Johnson

## Coach of the week

*Angie Evans, youth center Badgers 7-9 year old baseball coach, is not letting her recently operated on left knee stop her from leading her team as she reports for duty Saturday in the season opener for her team.*

## Bench

From Page 39

while his team always wants to finish first, the showing at the tournament showed that the soccer program here is gaining ground on the more experienced Pride teams in Colorado.

**The Colorado Rockies next military appreciation day at Coors Field will be July 31 and Aug. 1-2 when the Milwaukee Brewers will be in town.** The Rockies are offering discount tickets in the outfield box, pavilion or upper reserved infield seating area for \$6 per ticket.

Call (303) 762-5437 and say you are calling for the military appreciation days tickets.

These tickets will not be available at the stadium ticket windows. You must state that you are an active member of the United States military or a military veteran and provide reference number: 741532.

**Rocky Mountain State Games officials are looking for volunteers.** The Rocky Mountain State Games will be played Aug. 4-6 at the Mountain Post and in the Colorado Springs and Denver areas.

Volunteers are needed for events ranging from the opening ceremonies, to athlete check in, information booths, setting up and

tearing down events, course guards, crowd control and traffic direction, scoring, timing, hospitality awards ceremonies, tabulating results and other activities.

To volunteer or for more information on volunteering contact state games officials at 634-7333, extension 1009.

Some of the Rocky Mountain State Games events will take place at Fort Carson with great action to watch.

The events scheduled to be held at the Mountain Post facilities are: bowling, flag football, golf, power lifting and wrestling. Events scheduled to be held at the Air Force Academy are: archery, judo, flag football (7 on 7), soccer, tennis, and track and field.

According to state games officials, in order to qualify for the Rocky Mountain State Games, athletes must be a resident of the State of Colorado for at least 30 days prior to the first day of competition they wish to enter. Students enrolled in a Colorado colleges or universities can also compete as well as any member of the military and their families assigned to Colorado.

The officials added that the games have been organized in accordance with NCAA guidelines with a few exceptions.



*Veronica DeVore, youth center Yellow Jackets coach, talks to her 5 - 6 year-old baseball players during a time out Saturday at the post youth baseball fields.*

## Baseball

From Page 37

she said she learned enough to want to pass her knowledge on to children.

"I've coached soccer, baseball, bowling and basketball for the past four years because I totally enjoy spending time with the kids. My favorite thing is spending every moment that I can coaching the kids. I enjoy teaching them something new or helping them perfect something they may already know. That, to me, is exciting and fun. I grew up in New York and I learned the game of baseball just by watching the Yankees play. I didn't have a lot of coaching when I was growing up, so what I learned from watching the Yankees I wanted to be able to give back to any kid who wanted to listen to me," Evans said.

Both Evans and DeVore said there are many things that will need to be done in order to assure the season is a success for their team. Interestingly, neither coach talked about wins and losses being criteria for their charges. Each said it was going to be more important for their team to learn other aspects of the game that will serve them well as they mature and move up to other levels of baseball.

"When this season is over I hope the most important thing my team learns is sportsmanship because to me that is the key to sports at this level. If a child can learn how to get along with others and

how to play and enjoy themselves without looking at the scoreboard, it will help them understand how to enjoy the game. I hope kids look at how much fun they have this year and measure the season on how much fun they had, not by whether they win or lose games," Davis said.

DeVore said she will be seeking to show her team some of the same things she learned when she was their age that will hopefully serve them as they become more mature athletes and learn the game beyond what they may know as 5 and 6 year-old children.

"My team is in the 5 to 6 year old group and I want to teach them the fundamentals of the game this year. I want them to learn the same things I learned at that age and that is how to catch right, how to throw right and how to field the ball, where to throw the ball and things like that. I also have a goal to teach them how to hit the ball and most of all I want to teach them good sportsmanship."

DeVore and Evans both said they expect the season to be one of the most rewarding for themselves and the players and their families. They said the attitude of the children and the parents is what makes it worthwhile to coach the children and keep her enthused about the game.

"I've been a military wife for close to 10 years now, so patience has become second nature for me."